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your midday munch

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- Sleep & mood
- Hot flashes
- Weight gain

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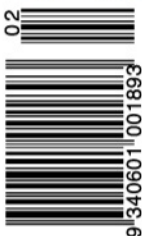
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6 Muesli Bars 185g e



Welcome

My mother turns 80 next year. She doesn't want a fuss, but I'm trying to convince her otherwise. I think it's a birthday worth making a big deal of, especially because she has just come through serious emergency surgery that, frankly, would probably have killed a less fit and healthy person of her age.

Mum is the poster child for taking good care of your health. At 79 she has been completely independent, managing her home and an acre of beautiful gardens in rural NZ. She drinks occasionally, has never smoked and eats plenty of seasonal fruit and veg from her garden.

This recent health event was her first and caused by a perfect storm of age-related factors. If anything could have prevented it, she was already doing it. There's a certain inevitability that most of us, at some point, will face a health scare. But how well you look after yourself can make all the difference in how you fare when the inevitable happens. This past month has reminded me of why the work we do at *Healthy Food Guide* matters and why your choosing to buy this humble little magazine is so important. Stay the course, you'll reap the rewards!

Jenny de Montalk
Managing Editor



EDITOR'S TOP PICK



Got 10 minutes? Our Baked potato topping makes a deliciously easy meal for one.

p69



Join our Subs Club to WIN prizes every month!

Once you become a subscriber, you'll automatically go in the draw to win great prizes every month! **This month you could WIN** a prize pack of healthy cookbooks – valued at more than \$100! See p92.

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live well

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See p92 to subscribe



Ask the expert...

Claire Turnbull

I have a teenage boy who practically lives off instant noodles. How bad are they for him? What can I give him instead that he will eat and that doesn't cost too much? Katie Saunders, via email

Q & A Instant noodles are cheap and popular with teenagers, but you're right to say they aren't a great everyday choice. Most instant noodles have been deep fried, which is what makes them cook 'instantly', and the types of oil used are often high in sat fat. Instant noodles are also low in fibre and protein, meaning they aren't that filling, plus they're high in sodium. Some can have as much as 2900mg sodium per serve (nearly 1.5 times as much as the 2000mg we are okay to have in a whole day). In fact, if you check the back of the packet, you might get a nasty surprise.

The good news is there are some great, healthier and affordable swaps for instant noodles that can be ready in under five minutes.

Cook and drain small pasta shapes or spaghetti and then mix with flavoured canned fish (check the sodium content of that too). If your son is up for it, add a handful of frozen peas, corn or mixed vegies when cooking the pasta, or add a few chopped tomatoes at the end. It's a win-win: you can make enough for a few meals or snacks at a time.

Alternatively, you can use soft-style hokkien or udon noodles instead. They just need boiling water poured over them to cook for a minute or so. Mix through tuna, chopped cooked chicken, or cooked egg – and if possible, some fresh or frozen vegies.

Other healthy quick snacks include omelettes, scrambled eggs or beans (ideally with reduced salt) on wholegrain toast, or maybe try a smoothie with banana, berries, milk and yoghurt (and if you can get a handful of spinach in there – so much the better!)



Claire is a qualified nutritionist, professional speaker, wellbeing educator and founder of Mission Nutrition. She's also the author of two best-selling books, Lose Weight For Life and Feel Good For Life. Connect with her at www.claireturnbull.co.nz

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Healthy Food Guide (HFG) magazine is your **complete guide to healthy eating**.

Our recipes use easy-to-find, **affordable ingredients**. Cook with *HFG* and you'll always enjoy a nutritious meal.



We give unbiased opinions and are not affiliated with any food manufacturers. All branded food in *HFG* has been approved by our dietitians. **Advertisers cannot influence editorial content.**



You can trust our advice. All our health information is supported by **solid scientific evidence**, not media fanfare. We smooth out any confusion caused by 'pseudoscientists'.



Dietitians review all our articles so they're always accurate with up-to-date information. **A full list of references** is also available on request.

Every recipe in *Healthy Food Guide* is healthy



Our recipe writers work with qualified dietitians to develop all our meals. A nutritional analysis is provided for every recipe. We test each meal twice to ensure it works and tastes great! Turn to p99 to read about our recipe badges.



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newsbites

STAY UP TO DATE WITH THE LATEST IN HEALTH NEWS AND PRACTICAL LIVING TIPS.

K is king

Eating your 5-plus-a-day veg may help reduce the likelihood of fractures in later life, a new study finds.

Women who eat more than 125g of vitamin K-rich dark leafy veg per day, or consume one-to-two serves of veg, are 31 per cent less likely to suffer fractures than those who eat just 75g.

Hullo kale, spinach, avo broccoli and kiwifruit!

Food & Function



TIME FOR A CUPPA

A daily cup of tea or three can promote good health in later life by helping counter calcification of the arteries, Perth's Edith Cowan University has found. The secret is the flavonoids in tea. Not a big fan of tea? The good news is you can fill up on flavonoids by enjoying apples, nuts, citrus fruit and berries. *Arteriosclerosis, Thrombosis and Vascular Biology*

Very Berry Plant-based Yogurt Muffins



 10 minutes  20 minutes  18

INGREDIENTS

2 1/2 cups self-raising flour

1/2 cup caster sugar

2 eggs, lightly beaten

2/3 cup vegetable oil

1 cup **Vitasoy Greek Style Soy Yogurt – Hint of Strawberry**

1/4 cup Vitasoy Oat or Soy Milk

1 1/2 cups mixed frozen berries

METHOD

1. Preheat oven to 200°C (180°C fan forced). Line 18 x 1/3 cup capacity muffin pan with paper cases.
2. Combine flour and sugar in a large bowl. Combine eggs, oil, **Vitasoy plant-based yogurt** and milk in a separate jug. Add wet ingredients to the dry and stir until just combined. Fold in berries.
3. Spoon batter into muffin cases and bake for 20 minutes or until golden brown and cooked through. Cool on a wire rack.

Add 1/4 cup dairy free chocolate chips for an indulgent treat.



Discover more **Vitasoy Soy Yogurt** Recipes and share your creations

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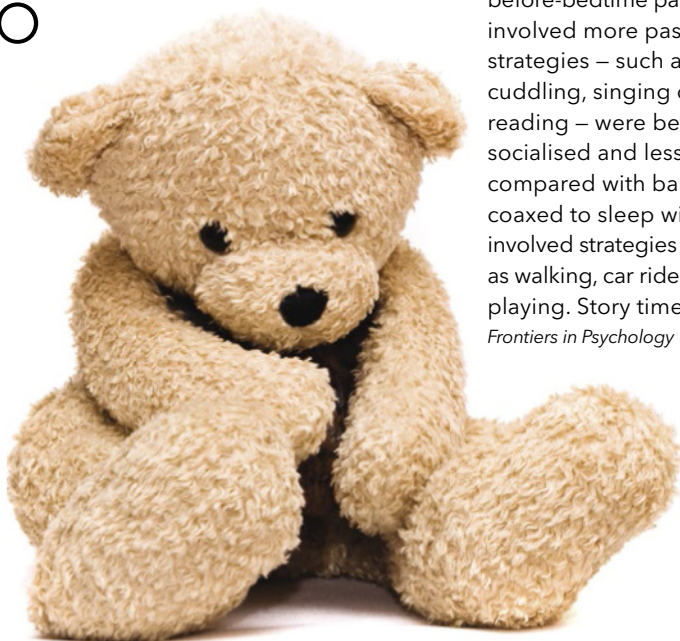
The reduced risk of cardiovascular disease for people who follow a vegan diet compared with consumers of meat and fish. The study's authors say most of the difference in risk is probably caused by effects on cholesterol and blood pressure, and shows the important role of diet in preventing heart disease.

American Journal of Clinical Nutrition



ROCKABYE BABY

Are the terrible twos driving you up the wall? It could be their bedtime routine. US researchers found toddlers whose before-bedtime pastimes involved more passive strategies – such as cuddling, singing or reading – were better socialised and less fussy compared with babies coaxed to sleep with involved strategies such as walking, car rides and playing. Story time, kids? *Frontiers in Psychology*



3

HEALTH TIPS

ALL HAIL KALE

LOW-COST, NUTRITIOUS KALE IS A OFTEN OVERLOOKED DUE TO ITS TOUGH LEAVES AND BITTER TASTE. TRY THESE IDEAS FOR MAKING IT MORE PALATABLE.



Kale chips

Rip leaves into bite-sized chunks and place on a baking paper-lined tray. Lightly spray with oil and bake at 200°C for 5 minutes, or until crisp. Serve sprinkled with sea salt.



Kale pesto

Process kale in a food processor with pine nuts (or less expensive pepitas), a squeeze of lemon juice, a drizzle of olive oil, a handful of grated parmesan and plenty of fresh basil.



Kale bolognese

Add chopped kale to frying pan with onion and garlic. Add mince and, once browned, add tomatoes. Simmer for twice as long as usual or until kale is tender and cooked. [hfg](#)



SCHOOL LUNCH MADE HEALTHY & CONVENIENT

School lunches are a breeze with Norco Natural Cheese slices. Low in salt and with acidophilus cultures for gut health, this cheese is ideal for little lunchboxes. Kids love the mild, creamy flavour of this elbo style cheese – they won't even know it's healthy! Plus when you buy Norco Natural Cheese you're not just supporting your child's health, *you're also supporting local farmers because it's 100% Aussie farmer owned!*



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live WELL

sail through menopause | raising healthy, active kids | happy gut secrets

It's instrumental!

Ever walked down a quiet suburban street and been transported by the joyous sound of someone playing a beautiful piece of music on a piano?

Read on, because latest research shows learning to play an instrument improves our brains' ability to process sights and sounds while also lowering depression, anxiety and stress levels. The cognitive benefits are real and apply to driving a car, crossing the road or finding someone in a crowd. And beginners who took just 11 one-hour weekly lessons reaped the benefits.

So, if you're looking for a brain boost or something to lift your mood: "Ready please Mrs Music". [hfg](#)

Your complete guide to thriving through menopause

Healthy Food Guide reveals how your body responds in the lead-up to menopause, and what you can do to manage symptoms and prepare for a new stage of life.

If you're a woman in your 40s or 50s, chances are you're becoming a whole lot more aware of the world of 'peri' – the name given to the years preceding menopause when pronounced hormonal changes start to affect your life. Finally, a whole lot more attention is being paid to what women of these ages go through, with more evidence becoming available to help us manage symptoms and to thrive through this life phase. So, if you've noticed you're gaining weight in areas you've never gained weight before, or are constantly hot, or are simply not feeling great, here's what you need to know about taking control of your diet and health through these years.



Susie Burrell is a leading dietitian, known for her practical approach to nutrition and wellbeing. Susie regularly appears on Channel's 7's *SUNRISE* and has a weekly radio segment on 2GB.

The phases of menopause

The menopausal years of a woman's life can be broken down into three phases.

Perimenopause or 'peri' refers to the years prior to menopause and can last anywhere between four to 10 years, in which time the reproductive hormones, including oestrogen and progesterone, are reduced as the ovaries run out of eggs. Changes in the menstrual cycle are often the first signs you may be in perimenopause.

Menopause is defined as occurring when you've had 12 consecutive months without a menstrual period. *Post-menopause* refers to any time after menopause has occurred.

Just as every woman will have a slightly different menstrual experience, so too will women experience menopause differently. While some may be attuned to every physical or emotional change, other women may barely notice they are in peri until their monthly cycle completely stops and they have experienced menopause.

A woman is walking on a sandy beach, her legs and lower body visible. She is wearing a long, flowing dress with vertical red and white stripes and a small geometric pattern. She is carrying a large, round, woven basket with a purple ribbon on her shoulder. The background is a bright, sunny beach with waves in the distance.

Help avoid early onset menopause by keeping refined carbs like cakes & pastries to a minimum – fill your bag with fruit!

Let's focus on peri

While the physiological changes in the peri years are completely normal, it doesn't always mean they're comfortable. Weight gain, especially around the waist, dry skin, night sweats, hot flushes and unpredictable bleeding are just some of the daily experiences that can pop up in peri and can leave many women feeling far from their best. Many of these changes are courtesy of declining oestrogen levels – the key female hormone that regulates reproduction, the menstrual cycle and women's health in general.

Did you know?

The menopausal years are closely associated with weight gain — a result of both loss of lean muscle mass & body fat gain



Signs & symptoms of perimenopause

Everyone's experiences are different, but here are some of the more common signs and symptoms associated with perimenopause.

Weight gain

Perhaps the most common complaint of the peri and post-menopausal years, weight gain without changes to diet and exercise regimes is an unwelcome arrival. This is largely due to a reduction in oestrogen, the hormone that works to fend off fat deposits around your middle during the reproductive years.

SMART SOLUTION

Increase the protein content of your diet and choose a plant-based approach when you can. Minimise processed fast food and refined carbs, such as white bread, rice and sweet treats, and keep on top of gradual kilo creep by consulting a dietitian who specialises in the management of hormonal weight gain.

Hot flushes

Some of the most common symptoms experienced by women throughout the peri years, hot flushes can be extremely uncomfortable and also heavily impact sleep quality for those who experience them. Once again, it's the declining levels of oestrogen at work, affecting the part of the brain that's involved in your body's temperature regulation – the hypothalamus.

SMART SOLUTION

Caffeine, alcohol and spicy foods may all exacerbate the experience of hot flushes, so don't overdo these. The good news is, research has shown a plant-based diet can reduce hot flushes by up to 80 per cent.

Changes in mood

Widely fluctuating hormone levels throughout the peri years may explain the extreme shifts in mood some of us experience, but it's also possible that the mood chemical serotonin fluctuates too, especially in line with the menstrual cycle.

SMART SOLUTION

Schedule daily exercise, and keep an eye on your iron and vitamin D levels which can all impact your energy levels and mood each day. If you're maintaining a healthy lifestyle, consult with a doctor who specialises in women's health to discuss other options, including mood stabilisers and/or hormone replacement therapy, to help bring your mood back into balance.



Did you know?
A plant-based diet
can reduce hot flushes
by up to 80 per cent?
Load up on colourful veg
& aim for 3-4 serves of
whole grains per day



Disturbed sleep

Waking frequently to use the bathroom, finding yourself disturbed by night sweats, or experiencing through-the-roof anxiety and stress levels, coupled with declining levels of oestrogen and progesterone, can be a recipe for a poor night's sleep.

SMART SOLUTION

To help avoid digestive issues, stop eating at least two hours before bed, and limit fluid and caffeine intake during this time. Keep your room cool and free of digital stimulation and try natural sleep aids, such as magnesium and melatonin, to support a natural sleep cycle.

Hair loss

Some people are affected by hair loss during the menopause transition. Thought to be in part explained by both high and low levels of the hormone androgen, hair loss in the peri and post-menopausal years may also result from changes in insulin levels and thyroid dysfunction.

SMART SOLUTION

See your GP for a full blood check to determine if there could be a nutrient deficiency or hormonal imbalance that can be actively managed medically.

To reduce hot flushes, try replacing meat with legumes like chickpeas or lentils once or twice a week.

Diet tweaks for thriving through menopause

Of all the active steps you can take to help minimise negative symptoms of the peri and post-menopause years, diet has been proven to have by far the most benefits.

PUT A STOP TO WEIGHT GAIN

Weight gain is not just more likely throughout the peri years: weight is also likely to become harder to shift once it is there, thanks to the effect of declining oestrogen levels on insulin. Insulin is the primary regulator of the glucose and fat metabolism in the body. Keeping an eye on your weight, actively preventing kilo creep by reducing calorie intake slightly (especially at night), and exercising regularly is really important.

EAT TO REDUCE INFLAMMATION

The menopausal period of a women's life has been dubbed an 'inflammatory period', as it is associated with systemic inflammation in the body. Focusing on an anti-inflammatory diet is a powerful strategy to manage this. This means eating seven-to-10 serves of brightly coloured veg and fruit a day, plus more oily fish, nuts and seeds; choosing extra-virgin olive oil; and adopting a largely plant-based diet, and minimising the intake of processed food.

SHIFT THE FOCUS TO PROTEIN

Growing evidence shows women in their 40s and 50s need more protein to minimise muscle mass loss and boost metabolism. Aim to include protein-rich foods – such as lean meat, eggs, dairy, tofu, legumes, soy milk, nuts and seeds or fish – in each meal and snack.

LOVE YOUR BONES

Women need oestrogen to absorb calcium in the bones, and as oestrogen levels decline through the peri years, our bone health can suffer. For this reason, getting 1300mg of calcium each day via 3-4 serves of dairy, fortified plant milks, tofu, soy beans or nuts and seeds, is crucial to protecting bone health after menopause.



HRT

Hormone replacement therapy, or menopausal hormone therapy, refers to actively replacing the female hormones, including oestrogen and progesterone, to help reduce menopausal symptoms. HRT must be prescribed by a doctor and monitored over time to ensure no long-term adverse effects. HRT may come as medication, patches, creams or even devices such as IUDs. HRT has been shown to be a very effective way to manage and reduce some of the negative menopausal symptoms including mood swings and vaginal dryness. As with all medications, there can be risks as well as benefits, and you need to discuss these with your doctor to determine if HRT is right for you.

Contraception

While the absence of a menstrual bleed may suggest pregnancy is impossible, contraception is still recommended for 12 months after the final menstrual period, and for at least two years if menopause has been experienced before the age of 50.

KEY TOOLS FOR YOUR menopause kit

Exercise

Not only can exercise be equivalent to a low-dose antidepressant for mood management, it also helps support weight management. Resistance training especially can help to prevent muscle loss and keep the bones healthy. Ideally, women in their 40s and 50s need to prioritise daily exercise and include resistance training at least twice a week.

Soy

Soy-based foods, including tofu and soy milk, contain isoflavones similar in structure to oestrogen. Consuming soy has been associated with a reduction in menopausal symptoms including hot flushes. Despite the rumours, a moderate intake of one or two serves of soy-based food is not associated with an increased risk of developing breast cancer.

What we eat may influence when menopause arrives. Diets containing more oily fish and legumes are associated with a later onset.

thriving in
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For more, check out the **Thriving in Menopause** podcast. It's free & available wherever you get your podcasts. [hfg](#)

5 *proven ways to* build a healthier family

Positive health habits instilled in childhood can last a lifetime. *Healthy Food Guide* makes it easy for you to create a healthier family environment.

1 MOVE TOGETHER, EVERY DAY

Children spend an average of three hours per weekday and almost four hours per weekend day using screens. A recent survey found kids with screens in their bedroom take 1000 fewer steps per day than those without.

With extensive research finding long periods of sitting and excessive screen time are linked to increased rates of obesity, it's important to get your kids up and active. Allocate time for this every day. It's even better if you do it together, as kids see their parents as role models.

Include more incidental activity each day. Instead of driving the kids to school, try walking them there, or to a bus stop. And schedule at least one family 'outing' each weekend that includes physical activity.

**HFG
TIP**

There's something going on in our homes. Our children are less active and eat more fast or ultra-processed food than ever. So how do we help our children stay healthy and active, and set them up for lifelong good habits? We share some simple health routines you can incorporate into your day-to-day lives.

2 KEEP MEALS SIMPLE

Researchers have found that having too many food choices in your pantry or on the table can make you overeat. It's called the 'buffet effect' – you're more likely to go for seconds when there is a smorgasbord of foods on offer. Even if it's all nutritious, having too much variety can actually be counterproductive and lead to overeating.

So, ask yourself, do you really need to have eight different boxes of cereal in the pantry? It's okay to have the same breakfast from Monday to Friday, and then vary it a little over the weekend. And for dessert, limit the kids' choices to fruits or yoghurts, with sweets kept in the pantry only for special occasions.

**HFG
TIP**

Write a detailed shopping list before you go to the supermarket, and stick to it. Without a clear plan, it's easy to make impulse buys, which are often not the best choices.

3 MAKE HEALTHY SNACKING EASY

Keep a well-stocked fruit bowl on the kitchen bench. And keep sweet treats at the back of the pantry, so they are out of sight (and out of mind).

In the fridge, place single-serve yoghurt pots, little boxes of cut vegies, individual cheese portions, and small containers of hummus at eye level.

In the pantry, place your savoury wholegrain crackers, single-serve bags of trail mix and a selection of muesli bars at the front, as they provide fibre and long-lasting energy.

Once kids see how easy it is to eat well, they can build on these healthy eating habits for life.

**HFG
TIP**

Zip-lock bags are a handy way to make up single-serve portions for little hands to grab on the go.

4 SHARE STORIES OVER DINNER

Eating meals together as a family at the dining table, with the TV and screens turned off, is the perfect opportunity for your children to observe and learn healthy eating behaviours from you. A US study found that children eat more fruit and vegies, and less fried food and soft drink, when they eat at the table. Eating at the table is also linked to a healthier weight for both children and parents.

Dinnertime conversation boosts the vocabulary of young children even more than reading aloud to them. A study showed children learned 1000 words at the dinner table compared with only 143 words from being read story books.

For teens, family table dining has been linked to a lower risk of smoking, binge drinking, teen pregnancy, drug use, violence, depressive thoughts and eating disorders.

If you struggle to find the time to cook, to sit and to eat together, turn to p56 for our 5pm Panic recipes, which can all be prepared and cooked in under 30 minutes. And get the kids to help – teaching them how to cook is another way to set up life-long healthy habits.

**HFG
TIP**

5 SET A BEDTIME ROUTINE

Sleep is vital for energy, growth and a strong immune system. A lack of sleep can disrupt hunger hormones and influence our eating habits, making us more likely to reach for less healthy sugary snacks.

For teens, staying up too late scrolling on the phone disrupts sleep, as the 'blue light' emitted reduces the body's levels of the sleep hormone melatonin.

**HFG
TIP**

Make it a family rule that all electronics are switched off after a certain hour, or all devices are charged in a central area of the house, not in the bedrooms – and that goes for parents, too!

Smart ways to get kids eating more vegetables

Getting kids to eat more vegies is on the wish list for virtually every parent. Here's how to chase the holy grail of greenery in your home.

Swap up the texture

Soup has proved to be a superb way of increasing veg intake. It's so easy to pack a soup full of variety – in fact the range of ingredients can be what makes the flavour amazing. Kids not sold on soup? How about purées? They're loads of fun to make and can be chock-full of veg. Or a smoothie. Use fruit to sweeten – and it's possible to add lots of vegetables without compromising the flavour.



Lead by example

Kids are far more likely to do what we do than do what we say (think of all our habits we see repeated in our mini-mes!). Having our kids watch us eat a wide variety of fruit and veg with pleasure affects their approach to greenery. If you don't like to eat vegetables yourself, don't panic: maybe you can learn to eat them together. Can we learn to like new things? Absolutely – the science tells us this.

Hit the kitchen

Getting the kids involved in the cooking is a big part of building comfort with foods. It helps with exposure, education and gives an enormous sense of pride to children when they create a dish. That involvement is a very powerful motivator when it's time to eat and try different foods.

All-important iron

An inadequate intake iron is one of the most common nutrient deficiencies in Australia and New Zealand.

The recommended dietary intake (RDI) for children between 4-8 years is 10mg each day, and 8mg for 9-13 years-olds. The RDI for teenage boys is 11mg of iron each day and 15mg for teenage girls.

Iron-rich foods kids might eat include red meat, mussels, Weet-Bix Blends Multi-Grain +, baked beans, lentils, nuts and seeds, dried fruits (apricots, dates and prunes), dark green leafy vegetables and soy (tofu and edamame).

Serve up goodness

Vegetables are more likely to be rejected than other foods. How can we tackle this?

Don't take a refusal as a 'no, never again'. Repeated exposure gives our children a basic comfort level with vegetables, so the more we serve them, the more chance of them being accepted

Having the kids taste new vegies – and keep tasting them – builds familiarity and more likelihood of accepting them.

Add vegies to your baking

Vegetables on their own can be a challenge for children, so if they are struggling to eat them on their own, we can add them to recipes. Rather than trying to hide the vegetables, incorporate vegies across a range of familiar recipes, such as in muffins, frittata, fritters, quiches, on pizza, and in cookies, cakes, slices or scones.



With its tasty abundance of fibre and plant-based protein, the humble baked bean is ideal for both kids & adults

The story with salt



It's recommended that children aged 1–3 years old consume no more than 1000mg sodium a day, and for 4–8 year-olds it's 1400mg. For 9–13 year-olds the recommended upper limit is 2000mg a day. By far the most salt in kids' food comes from bread and grain products (cakes, biscuits, crackers and cereals), processed red meats (corned beef, sausages, bacon, ham) and takeaway food, so keep an eye on how many of these foods you're including each day.

Keep vegies' exposure up

Veg visibility can be promoted at mealtimes or away from the table. Age-appropriate ways to put vegetables front and centre include:

- Going shopping and naming all the vegies
- Playing with vegetables
- Making vegetables from play dough
- Playing shop or cooking
- Planting a vegetable garden

Repeated exposure builds a comfort level with food. Doing this away from the table can reduce anxiety for children who struggle to eat vegies at dinner. If your child eats vegetables but you'd like to see them challenge themselves with more variety, then make sure you're consistently serving what you want to see eaten. [hfg](#)

PRIMARY SCHOOL
STUDENT

PRESCHOOLER

INTERMEDIATE
OR HIGH SCHOOL
STUDENT

HFG TIP

Pack lots of snacks
for preschoolers,
high-fibre carbs for
primary schoolers &
calcium-rich foods
for high schoolers

Ideal lunchboxes

FOR WORK, SCHOOL & UNI

We often neglect lunch in our meal planning, but a healthy lunch is key to making sure we have enough energy to last the day, whatever stage of life we're in. Dietitian Katrina Pace explains.

As we get older our nutrition needs change, and this will affect what makes a good lunch choice for us. Preschoolers, on-the-go all the time, need small and frequent snacks during the day as they have smaller tummies.

As children grow, their physical changes will often determine which nutrients they need more of, such as calcium for growing strong bones, or iron during puberty.

At university or work, a healthy lunch depends on what we're doing. A builder, nurse or fitness trainer will have very different lunch needs to someone who sits in an office or truck all day. And when retirement rolls around, our energy needs are not as great as when we were younger.

Taking a lunch to school, uni or work puts you in control of what, and when, you eat.

For some parents, packed lunches can be a battleground. Striking a balance between a healthy lunch and foods that will be eaten can be difficult. So, encourage your children to pack their own lunches, or present foods in different ways (such as wraps, triangle sandwiches, or dips and vegie sticks) that increase their interest.

The morning rush can be a stumbling block for packing a lunch. Having a plan of what you're going to eat – and having the ingredients ready to go – is one way to make the morning rush less stressful. Think about packaging up a few days' worth of lunches and keeping them in the cupboard or fridge.

Here are some ideas for tasty packed lunches, to give each age group the nutrients they need... ➤

RETIREMENT



WORK LUNCH 1

Preschooler

NUTRIENT NEEDS

Packing extra snacks – along with lunch – for the littlies lets their smaller stomachs process food and enjoy top-up nutrition right through their day. Rye crackers can be a good swap for multigrain bread, but rice crackers are sometimes low in fibre and high in salt, so these are not such a good choice.

Weekly variety is really very important, as preschoolers tend to balance their nutrients over the week. Encourage children to try different types of food by mixing up the ways you present it to them.

GREAT LUNCHBOX

Snack (700kJ)

- 1 choc chip banana and oat mini muffin. See our recipe at healthyfood.com
- ½ mandarin (peeled into segments) and ½ carrot (chopped into chunks), mixed with 2x2cm chunks cheese

Lunch (1350kJ)

- 1 slice multigrain bread with 1 tablespoon cream cheese, 1 tablespoon raisins & 1 tablespoon diced red capsicum filling. Cut into triangle sandwiches to serve
- 1 tablespoon each frozen edamame beans and blueberries
- Small tub of fruit yoghurt

Primary school student

NUTRIENT NEEDS

With lots of learning and play, schoolkids need long-lasting energy to power their bodies and brains all day. Steer clear of the lollies – the way to get long-lasting energy is through carbs such as high-fibre breads and crackers and beans.

GREAT LUNCHBOX

Snack (800kJ, 30g carbs)

- 1 homemade muesli bar
See our recipe at healthyfood.com
- ½ apple, sliced, wrapped to keep airtight

Lunch (1800kJ, 40g carbs)

- 1 wholemeal wrap filled with 3 falafel patties, light mayo, ¼ cup grated carrot, ¼ cup grated cheese
- 1 tablespoon sultanas
- ¼ cup each strawberries & chopped watermelon mixed with 1 tablespoon blueberries

Intermediate or high school student

NUTRIENT NEEDS

For older children, lunch is a great chance to top up on much-needed calcium, as adolescents and teens are building strong bones needed to last a lifetime. Calcium is crucial to this, but at this age older kids often stop drinking milk and eating yoghurt. Iron is also important for girls, but again, this is an age when their iron intake can slow down.

GREAT LUNCHBOX

Snack (1200kJ, 70mg calcium, 2mg iron)

- 3 dried apricot halves & 1 tablespoon cashews
- 2 choc-cranberry bliss balls
See our recipe at healthyfood.com

Lunch (2200kJ, 310mg calcium, 2mg iron)

- Homemade roll with beetroot, chicken, sweet chilli sauce or relish, grated carrot, baby spinach & sweetcorn
- Small tub of fruit yoghurt

Check out our **Lunchbox Special** on p82 for great ideas & products to make your midday meals best in class!



University student

NUTRIENT NEEDS

Being at university can mean lots of sitting and studying. Boost your brain power by packing some omega-3 fats, nuts and vegies into lunch. Sticking to these foods rather than reaching for an energy drink will give you a lunch energy burst, rather than the need for a nana-nap.

GREAT LUNCHBOX

Snack (500kJ, 3g protein)

- 3 walnut halves, 2 Brazil nuts, ½ cup chopped carrot

Lunch (2600kJ, 1.8g omega-3, 30g protein)

- 2 wholemeal crackers
- **Salad bowl:** 95g tin salmon, drained & mixed with 2 tablespoons mayo, 2 cups green salad leaves, ¼ avocado & ½ cup canned chickpeas
- 2 raisin, date and apricot cocoa balls. See our recipe at [healthyfood.com](https://www.healthyfood.com)

Work lunch

NUTRIENT NEEDS

A nourishing lunch is essential to keep your energy levels up all afternoon. Prevent the afternoon slump and sweet cravings by packing protein into your lunch. Bringing your own snacks to work can help remove the temptation to buy an oversized muffin.

GREAT LUNCHBOX 1

Snack (500kJ, 3g protein)

- 1 sliced apple with 2 teaspoons peanut butter.

Lunch (2700kJ, 46g protein)

- Soba noodle salad (with chicken). See our recipe at [healthyfood.com](https://www.healthyfood.com)
- ½ cup low-fat plain yoghurt

GREAT LUNCHBOX 2

Snack (400kJ, 4g protein)

- 2 mixed-grain Cruskit crackers, 1 carrot, sliced & 1 tablespoon cottage cheese (served as a sandwich).

Lunch (2750kJ, 36g protein)

- PLT (pork, lettuce and tomato) sandwich with honey-mustard dressing. See our recipe at [healthyfood.com](https://www.healthyfood.com)
- 1 banana
- 2 fruity avocado bliss balls. See our recipe at [healthyfood.com](https://www.healthyfood.com)

Retirement

NUTRIENT NEEDS

You might be having a light lunch or a cooked lunch, but either way your favourite foods should include protein and fibre foods. As you get older, protein is essential to keeping your muscles strong and preventing falls. Fibre gives your bowels a workout and keeps the bowel muscle healthy too.

GREAT LUNCHBOX

Snack (450kJ, 1g fibre, 3g protein)

- 1 tablespoon each cashews & raisins

Lunch (2100kJ, 27g protein, 11g fibre)

- Mexican beef and capsicum with rainbow rice. See our recipe at [healthyfood.com](https://www.healthyfood.com)
- 1 pear **hfg**

Experience helps strike a balance between healthy food & what your family will eat



How to restore your gut flora

By now you've likely heard of the *gut microbiome* and its important role in human health. So, how do you tell if your gut health is out of balance? Nutritionist Kathleen Alleaume shares how to recognise the signs – and get back on track.



Kathleen Alleaume is a nutritionist, exercise physiologist, mum of three and founder of The Right Balance. Connect with her at www.therightbalance.com.au or on Instagram @therightbalance_

90% of the happiness chemical serotonin is produced by gut bacteria

There are trillions of reasons to love your gut – in fact, over 100 trillion. That's roughly the number of micro-organisms living inside your body, with the vast majority residing inside your digestive tract. These bugs outnumber the human cells, so it's impossible to overstate the impact they have on our overall well-being.

Cultivation of gut microbes begins from the moment you are born. The journey through the mother's birth canal plays an important role in inoculating us with the type of flora that inhabit the gut. Following infancy, the makeup of the intestinal flora begins to diversify and is influenced by various factors, including our diet and lifestyle.

The more the merrier

It's often said that variety is the spice of life. And the same is true for your gut microbes. Research suggests that a diverse microbiome can function better than a microbiome with only a few kinds of bacterial species. It is estimated there are about 300-500 different species of gut bacteria. Some bacteria are harmful to our health, but many are incredibly beneficial and are believed to perform vital functions in our body. They help to us digest our food and absorb nutrients, help us produce vitamins (K and B), and have a major influence on our metabolism, body weight, immune system, appetite and mood. ➤

Think of your gut biome as a forest as vast & varied as the Amazon – the more varied the gut fauna, the healthier the ecosystem

7 signs your gut health is out of balance

There is constant competition in our digestive system between 'good' and 'bad' bacteria – and when the good guys outweigh the bad guys, you have a healthy gut. On the flip side, when gut flora is out of whack, your health may suffer. You may notice a few symptoms if you have reduced gut health. Here are seven of the most common signs.

Q Does exercise affect our gut bacteria?

We all know that exercise is important in keeping us physically and mentally well, but regular physical activity gives gut bacteria a workout too. Recent research shows exercise can positively impact gut health by increasing the diversity of the microbiome and enriching the microflora of the gut. This helps to reduce obesity and gastrointestinal dysfunction and lowers inflammatory action in the gut.

Bloating

is generally described as a feeling of fullness or discomfort, accompanied by swelling of the stomach. While feeling bloated after eating a large meal is normal, frequent distention that lasts for more than an hour after a meal may be an indicator your gut flora isn't functioning optimally.

Constipation

Evidence indicates that an imbalance of bacteria may contribute to constipation – a condition where you may have fewer than three bowel movements a week and stools that are hard, dry, lumpy or difficult to pass. Constipation is usually successfully countered by eating a diet high in fibre. Other factors that contribute to constipation include a low fluid intake, lack of regular exercise and certain medications.

You're often run-down

A huge proportion of your immune system resides in your gut. So, if the 'bad' bacteria are crowding out the 'friendly' types, they may affect and compromise immune function, reducing the likelihood of warding off bugs and germs.

Unintentional weight changes

There are numerous factors that impact weight. But, in addition to those, a gut imbalance can cause problems with nutrient absorption, blood sugar regulation, fullness 'signals', and fat storage.

Skin irritations

New research is showing how a variety of common skin conditions, such as acne, rosacea, eczema and psoriasis, may be a sign of poor gut health.

Mood swings

The gut microbiome also has the potential to influence our mental state. Up to 90 per cent of serotonin – a key happiness neurotransmitter – is produced by our gut bacteria, which is why the gut is often referred to as the 'second brain'.

Irritable Bowel Syndrome

Experiencing a cluster of digestive issues, including wind, bloating, diarrhoea, constipation and abdominal pain, can be signs of irritable bowel syndrome (IBS), a common condition that affects as many as 30 per cent of Australians and Kiwis. These symptoms are also common in several other bowel conditions, so it's important to consult a doctor to rule out other causes before IBS can be diagnosed.

How to restore your flora balance after a course of antibiotics

Antibiotics are prescribed to treat infection caused by bacteria. However, they can also destroy the 'friendly' bacteria in your gut. For some people, this results in an upset stomach and diarrhoea. Eating the right foods can help to prevent bothersome side effects and encourage healing. (See tips on next page to get back into balance.)



WHAT ARE PROBIOTICS?

Probiotics are live 'friendly' bacteria that help keep the gut healthy by reducing the number of harmful bacteria. The most common types of probiotics are *bifidobacteria* and *lactobacillus* species.

These bacteria are naturally occurring in yoghurts and fermented foods, such as sauerkraut, kimchi, kombucha or miso, and some sourdough breads. In addition, probiotics are increasingly added to non-traditional foods such as chocolate, ice cream, juices, sauces, spreads and snack bars. They are also available as dietary supplements – but specific probiotic strains benefit specific health conditions. So, if you want to take a probiotic to help a health condition, always check first with your doctor, who can refer you to a probiotic that treats a specific condition.

Probiotics v. prebiotics? *Probiotics* are friendly bacteria in your gut; *prebiotics* are the fibre-based food loved by probiotics.

Get back in balance

→ Increase your fibre intake to 30g a day

Like all living organisms, our gut bacteria need fuel to survive – and dietary fibre is their preferred meal choice. A fibre-rich diet, including lots of veggies, fruit, whole grains, nuts and legumes will help support overall gut health. (See our 7-day meal plan on p90. Each day has around 40g fibre for better gut health.)

Make it happen

Swap refined carbs, such as white bread, biscuits, bagels, rice crackers, muffins and pastries for wholegrain breads, cereals, pasta and brown rice. Stock your pantry with canned beans and legumes to add to salads and tacos; power up snacks with a handful of nuts, popcorn or wholegrain crackers.

→ Fine-tune your fibre

While it's recommended you eat 30g of fibre each day, not all fibre is created equal. *Prebiotics* are a type of fibre that pass through the body undigested until they reach the colon. In the colon, prebiotics are fermented into beneficial short-chain fatty acids, which help nourish the growth of 'friendly' bacteria that exist naturally in your gut. In the bowel, prebiotics also become an important fuel source for healthy bacteria, helping them to grow in numbers. In other words, prebiotics are food for probiotics.

Make it happen

Prebiotic-rich foods include onion, garlic, Jerusalem artichokes and whole grains. Prebiotics, such as inulin, are also added to many foods including breakfast cereals, bread, table spreads, drinks and yogurt.

→ Aim for diversity

Most importantly, include a diverse array of fibre-rich plant foods, as different foods feed different microbes. Eating a wide range of foods is the best way to cultivate a more varied microbiome. Ideally, aim to eat 30 or more different plant foods every week.

Make it happen

Start by filling half your plate with colourful veg. Experiment with herbs, spices, different nuts and seeds, as well as whole grains, legumes, fruit or veg you don't usually eat. Try adding 2-3 meat-free meals to your weekly rotation. It all adds up!



5

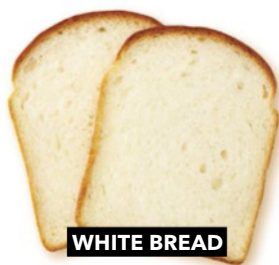
FOOD SWAPS FOR BETTER GUT HEALTH

→ Stay stress-free

Managing stress is important for many aspects of health, including gut health. Although it's often easier said than done, minimising stress can help achieve intestinal harmony.

Make it happen

Small modifications, such as scheduling a daily walk after dinner, opting for a regular bedtime, or gardening can help to counteract stress hormones. [hfg](#)



WHITE BREAD



WHOLEGRAIN BREAD



CRISPS



NUTS OR VEGIE STICKS



AN EXTRA PIECE OF CHEESE



FRUIT



A PORTION OF MINCE



LENTILS OR BEANS



WHITE PASTA



HIGH-FIBRE PASTA

Discover Inspirational #CornThinsCreations



Deliciously Corny Pizza

INGREDIENTS

- 4 Corn Thins® slices
- 1/2 zucchini (small)
- 1/4 cup corn kernels
- 1/2 onion (small)
- 1/4 red capsicum
- 2-4 slices cheddar cheese

DIRECTIONS

1. Finely cut the onion, zucchini and capsicum. Put them in a nonstick pan, add the corn kernels and cook for 5 mins, until they are softened.
2. Grate the cheddar cheese. Put a little on the Corn Thins® slices, divide the vegetables equally on each slice and then add some more cheese on top of the vegetables.
3. Put the slices under the grill for 5 mins, until the cheese melts.

Choc Puff Protein Bars

BAR INGREDIENTS

- 8 x Corn Thins® Original slices, crushed
- 1 scoop Chocolate Protein Powder
- 40g dark chocolate, melted
- 60ml Almond Milk
- 1 tbs honey or chosen liquid sweetener

DIRECTIONS

1. Melt dark chocolate in microwave over 20 second intervals (approx 50 secs in total).
2. Crush Corn Thins® slices and mix all bar ingredients.
3. Place in either a lined baking tray or silicone mould.
4. To make topping, mix 20g of dark melted chocolate and peanut butter in a plate and pour over bars.
5. Freeze for 30mins and you are done! Makes a perfect pre or post workout snack.

TOPPING INGREDIENTS

- 20g dark chocolate, melted
- 1 tbs peanut butter of choice

Corn Thins® slices are delicious not only due to their popcorn taste, but because there are sooo many mouth-watering ways to use them, and not just with your favourite toppings.



Australia's first Corn Thins Connoisseurs have been crowned!

With so many delicious creative recipes using Corn Thins® slices we had to crown 2 Corn Thins® Connoisseurs. Kym, for her creative thinking, by simply topping Corn Thins® slices with her favourite ingredients then popping them in the grill for a Corny Pizza. Shirley, for

her inspirational way to combine the crunchy popcorn taste of Corn Thins® slices into a delicious, healthy protein bar.

Get creative and see what mouth-watering ways you can use Corn Thins® slices, or go to www.cornthins.com for more recipe ideas.

Real Foods
CORN THINS



cook FRESH

best gluten-free dinners | perfect chicken pasta | panna cotta makeover



Crispy parmesan-crumbed veges with egg dip
(See recipe p67)

Summer reset

Back-to-school February can be an expensive time for many, but we've got you covered with inexpensive family meals, cheap eats for one or two, a fabulous fritter feature and lunchbox muffins to die for. Enjoy!

To make life easier, we've done the healthy eating hard yards for you. Every main meal contains at least two serves of vegies. Each dish meets our dietitians' criteria to ensure it doesn't contain too much energy, saturated fat, sugar or sodium. Recipes all come with a nutritional analysis, with the table on page 95 showing how they meet daily nutritional needs.

Our food writers work with **qualified dietitians** to develop these recipes for maximum **health benefits**. For more about our recipe badges, see p99.



✓gluten free ✓dairy free ✓diabetes friendly ✓vegetarian

Fabulous fritters

Crisp but lightly fried, these vegi-ful golden combos will jump off the table this weekend.

Corn & zucchini fritters with salsa & lime mayo **SAVER**

Serves 4 Prep 10 mins Cook 15 mins

✓dairy free ✓vegetarian

¾ cup wholemeal self-raising flour (see Cook's tip)

¼ cup cornflour

2 eggs, lightly whisked

¼ teaspoon white pepper

½ cup soda water, chilled

2 cups sweet corn kernels

1 small zucchini/courgette,
grated, squeezed

½ red onion, diced

1 tablespoon olive oil

Pico de galo salsa

½ red onion, diced

2 vine-ripened tomatoes, seeds
removed, diced

**3 x tricolour (yellow, green &
red) small capsicums**, seeds
removed, diced

Lime mayonnaise

½ cup reduced-fat mayonnaise

1 tablespoon lemon juice

1 Place both flours in a large mixing bowl, making a well in centre. Add eggs, pepper and soda water, whisking until combined and smooth. Season with freshly ground black pepper. Set batter aside for 10 minutes, then add corn, zucchini and onion, mixing to combine.

2 Heat oil in a large frying pan over medium heat. Working in batches, add ⅓ cup amounts of batter into pan. Cook for 3 minutes each side.

3 To make the pico de galo salsa, place all of the ingredients in a bowl, mixing to combine. To make lime mayonnaise, place mayonnaise and lime juice in a small bowl, stirring to combine.

4 Divide fritters among four serving plates. Serve topped with salsa and lime mayonnaise.

**HIGH
FIBRE**

**LOW
SODIUM**

**6
VEGIE
SERVES**

PER SERVE

1826kJ/437cal
Protein 13.5g
Total fat 13.3g
Sat fat 2.3g
Carbs 59.4g

Sugars 17.2g
Fibre 11.3g
Sodium 378mg
Calcium 64mg
Iron 2.7mg



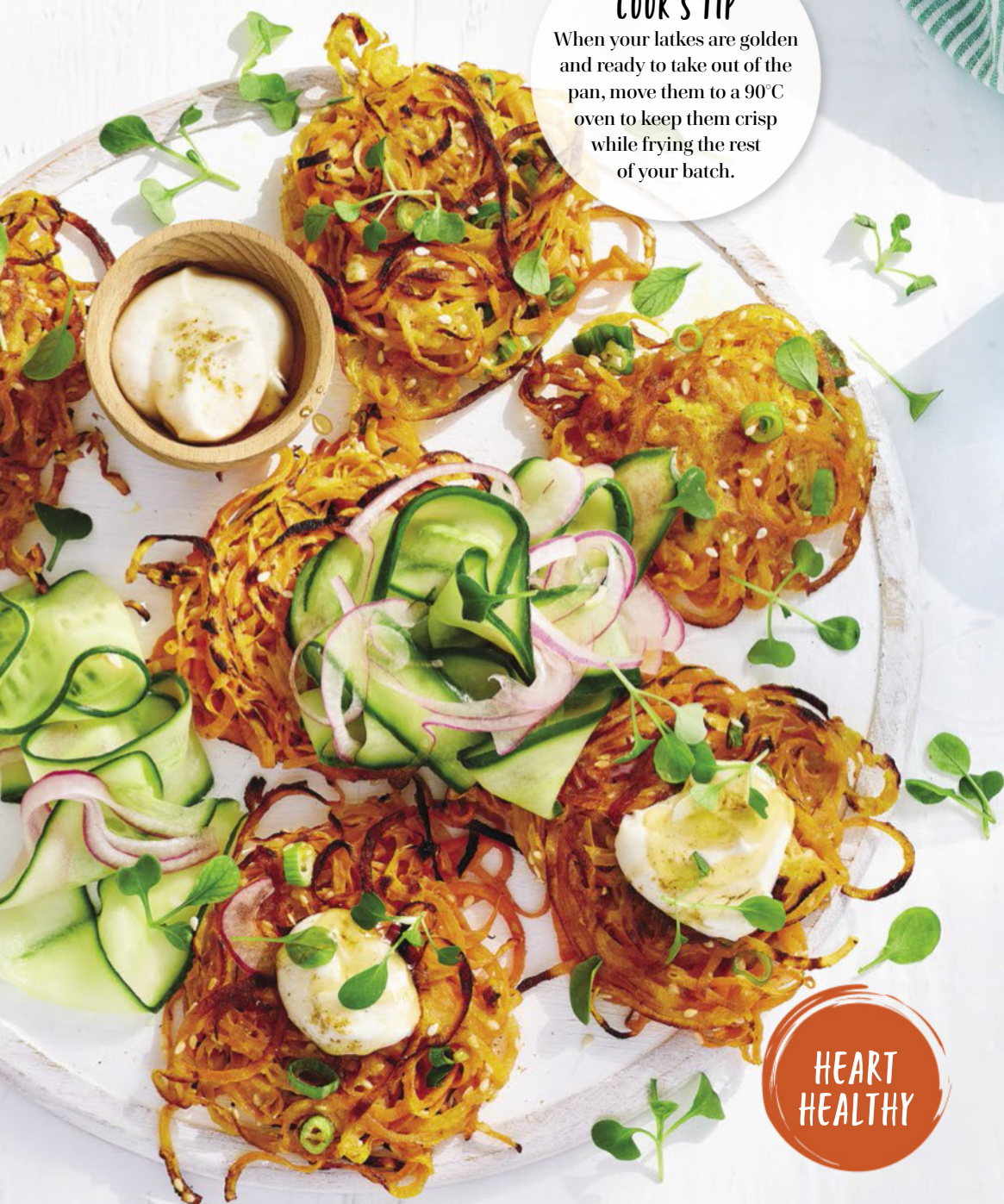
6 SERVES
OF VEG!

COOK'S TIP

If you don't have wholemeal self-raising flour, use plain wholemeal flour and 1 teaspoon baking powder instead.

COOK'S TIP

When your latkes are golden and ready to take out of the pan, move them to a 90°C oven to keep them crisp while frying the rest of your batch.



**HEART
HEALTHY**



Sweet potato & carrot latke with pickled cucumber **SAVER**

Serves 4 Prep 20 mins Cook 25 mins

✓diabetes friendly ✓vegetarian

2 tablespoons **cornflour**
1 teaspoon **garlic powder**
2 tablespoons **sesame seeds**
3 **eggs**
1 **carrot**, spiralsed
140g **sweet potato/kumara**, spiralsed
1 **spring onion**, thinly sliced
2 tablespoons **olive oil**
60g **micro herbs and salad leaves**, to serve

Pickled cucumber

¼ cup **white wine vinegar**
1 teaspoon **honey**
2 **Lebanese cucumbers**, peeled into ribbons

Tahini yoghurt

1 tablespoon **hulled tahini**
¾ cup **plain yoghurt**
2 teaspoons **honey**
1 teaspoon **cumin**

1 Preheat oven to 180°C. Place cornflour, garlic powder and sesame seeds in a large mixing bowl. Make a well in centre, then add eggs, whisking to combine. Add the carrot, sweet potato and spring onions, tossing to combine.

2 Heat the oil in a large ovenproof frying pan over medium-high heat. Pour mixture into pan and cook for 5 minutes. Transfer pan to oven and cook for a further 15–18 minutes, or until the potato is cooked and crispy.

3 Meanwhile, to make pickled cucumber, place the vinegar and honey in a large bowl, mixing to dissolve honey. Add cucumber, gently tossing to coat, then set aside for 10 minutes.

4 To make tahini yoghurt, place all ingredients in a small bowl, mixing to combine. Transfer latke fritters to a large serving plate. Top with pickled cucumbers, dollop with tahini yogurt and serve garnished with mixed salad leaves.



PER SERVE

1324kJ/317cal	Sugars 14.7g
Protein 11.2g	Fibre 5g
Total fat 19.2g	Sodium 127mg
Sat fat 3.5g	Calcium 222mg
Carbs 22.8g	Iron 2.7mg

COOK'S TIP

It's best to fry rosti at a medium heat so that the interior potato mixture has a chance to cook while the exterior turns golden.

Sweet potato & beetroot rosti with jalapeno dressing **SAVER**

Serves 2 Prep 15 mins Cook 10 mins ✓vegetarian

½ cup **wholemeal flour**
2 tablespoons **fresh chives**,
roughly chopped
2 **eggs**
300g **sweet potato/kumara**,
grated
90g **beetroot**, grated
1 tablespoon **olive oil**
1 **watermelon radish**,
thinly sliced, to serve
Mixed fresh herbs (coriander,
dill, parsley, chives), to serve

Jalapeno dressing

½ **avocado**
1 **jalapeno**, diced
½ cup **reduced-fat Greek-style**
yoghurt
¼ cup **lime juice**
1 teaspoon **lime zest**
⅓ cup **mixed fresh herbs**
(coriander, dill, parsley, chives)

1 Place flour and chives in a mixing bowl, making a well in centre. Add eggs, whisking to combine. Season with freshly ground black pepper. Add sweet potato and beetroot, folding to combine.
2 Heat oil in a large frying pan over medium heat. Spoon ¼ cup amounts of batter into pan and cook rosti for 3 minutes each side, or until golden.
3 Meanwhile, to make jalapeno dressing, place all ingredients in a food processor and process until smooth. Add water until desired consistency.
4 Divide fritters between two plates. Drizzle over jalapeno dressing and serve topped with radish and fresh herbs.



PER SERVE

2087kJ/499cal	Sugars 19g
Protein 18.4g	Fibre 14.7g
Total fat 20.3g	Sodium 193mg
Sat fat 4g	Calcium 250mg
Carbs 52.2g	Iron 4mg



**CALCIUM
RICH!**



**SUNDAY
BRUNCH!**



Kale fritter with smoked salmon & tzatziki

Serves 4 Prep 20 mins Cook 10 mins

✓diabetes friendly

½ cup wholemeal self-raising flour (see Cook's tip p39)

4 eggs

½ cup soda water, chilled

2 spring onions, thinly sliced

1 cup kale, shredded

½ cup cooked brown

& black rice mix

1½ tablespoons olive oil

100g smoked salmon

120g watercress, to serve

Pickled onion

¼ cup apple cider vinegar

1 teaspoon honey

1 small red onion, thinly sliced

Tzatziki

1 cup reduced-fat

Greek-style yoghurt

1 cucumber, peeled, grated,
liquid squeezed out

1 tablespoon lemon juice

1 teaspoon lemon zest

1 tablespoon fresh mint
leaves, chopped

1 Place flour in a mixing bowl, making a well in centre. Add eggs and soda water, whisking until combined and smooth. Season with freshly ground black pepper, then set aside for 10 minutes.

2 Add spring onion, kale and grains to batter, mixing to combine. Heat the oil in a 26cm frying pan over medium heat. Pour batter into pan and cook for 4 minutes each side, or until golden.

3 Meanwhile, to make pickled onion, place vinegar and honey in a small bowl, whisking to dissolve. Add onion, gently tossing to coat, then set aside for 10 minutes. To make tzatziki, place all ingredients in a small bowl, mixing to combine.

4 Transfer the fritter to a large serving plate and serve topped with tzatziki, salmon, watercress and pickled onion. [hfg](#)

LOW
kJ

LOW
SODIUM

2
VEGIE
SERVES

PER SERVE

1399kJ/335cal
Protein 20.1g
Total fat 15.1g
Sat fat 3.2g
Carbs 25.6g

Sugars 10.5g
Fibre 5.4g
Sodium 471mg
Calcium 245mg
Iron 2.5mg

IRON
MAIDEN!

HIGH FIBRE LOW SODIUM HIGH IRON 2 VEGIE SERVES

PER SERVE

2614kJ/625cal
Protein 29.7g
Total fat 21.0g
Sat fat 6.8g
Carbs 69.2g

Sugars 4.2g
Fibre 18.1g
Sodium 500mg
Calcium 233mg
Iron 6.3mg



Dollar Savers

As rising interest rates and inflation squeeze family finances, affordable healthy eating is more important than ever. Here's how!

Pasta with meatballs & broccoli **SAVER**

Serves 4 Prep 10 mins Cook 20 mins



1 tablespoon **canola oil**
1 **onion**, peeled and diced
2 **cloves garlic**, crushed
1 tablespoon **fennel seeds**
(if available)
2 **lean pork sausages**
400g **dried wholemeal spaghetti**
1 head of **broccoli**,
chopped into small florets
1 cup **frozen peas**
Juice of 1 **lemon**
Pinch of **chilli flakes**
40g finely grated
parmesan cheese
Handful **parsley**
(optional), to garnish

1 Heat oil in a large pan over medium heat. Add onion and fry until the onion is translucent, about 4-5 minutes. Add garlic and fennel seeds and cook for another minute.

2 Squeeze chunks of sausage meat into the pan and cook another 4-5 minutes – or until browned.

3 Bring a large pot of salted water to the boil and add the spaghetti. Cook for 10-12 minutes, or until pasta is al dente.

4 About 3 minutes before the pasta is ready, add the broccoli and the peas to the pot. Drain pasta, broccoli and peas, making sure you hold onto about a cup of the cooking water.

5 Stir spaghetti and vegetables into the sausage mixture, stir through lemon juice and chilli flakes, and add a little of the cooking liquid if needed.

6 Serve in pasta bowls and top with parmesan and parsley if you have some.



NUTRITION TIP

Studies show beetroot & beetroot juice can help increase blood flow & reduce blood pressure — important benefits for heart health.

Beetroot biryani **SAVER**

Serves 4 Prep 10 mins Cook 30 mins

✓vegetarian

- 2 tablespoons **canola oil**
- 1 **onion**, finely sliced
- 1 tablespoon grated fresh **ginger** (or from a jar)
- 2 **cloves garlic**, peeled & crushed
- 2 tablespoons **garam masala**
- 1 tablespoon **ground cardamom**
- 250g **basmati rice**, rinsed
- 500g fresh **beetroot**, grated
- 500ml **low-salt vegetable stock**
- 1 cup frozen **peas**
- 500g **spinach leaves**
- ½ cup **low-fat plain yoghurt**
- ½ cup **coriander leaves**
- 4 **papadums** to serve, cooked according to packet instructions (optional)

- 1** Preheat the oven to 190°C.
- 2** Heat the oil in a casserole or large ovenproof pot with a lid on stovetop over a medium heat. Add the onion, ginger and garlic and fry until translucent. Add spices and rice, stir until rice coated.
- 3** Add grated beetroot and stock. Stir, then place lid on pot and put in the hot oven. After 10 minutes add the peas and spinach and stir again. Replace lid and put back in oven for a further 10 minutes, or until liquid is absorbed and rice is cooked.
- 4** Remove from the oven and serve with a dollop of yoghurt, coriander and papadums, if using.



PER SERVE

1934kJ/463cal
Protein 14.7g
Total fat 11.5g
Sat fat 1.1g
Carbs 70.7g

Sugars 16.2g
Fibre 13.8g
Sodium 431mg
Calcium 136mg
Iron 7.4mg



LOW-SALT
FLAVOUR

COOK'S TIP

The stir-fry takes only 5-6 minutes, so start cooking it when the rice has about 6-7 minutes left to boil. Make sure your vegies are sliced and ready!



Korean beef stir-fry **SAVER**

Serves 4 Prep 20 mins Cook 5 mins

✓dairy free

400g lean skirt steak (or other cheap cuts like flank, rib-eye), sliced thinly

2 tablespoons cornflour

2 tablespoons canola oil

1 red onion, finely sliced

1 capsicum, deseeded & finely sliced

1 large carrot, peeled & cut into thin batons

3 cloves garlic, peeled & crushed

200g green beans, top & tailed

2 cups cooked brown rice, to serve

2 tablespoons toasted sesame seeds

2 spring onions, finely sliced

Sauce

2 tablespoons Gochujang paste (in most supermarkets, otherwise use red chilli paste)

1 large brown pear, peeled & finely grated

2 tablespoons salt-reduced soy sauce

2 tablespoons fresh grated ginger (or from a jar)

1 Toss sliced beef in cornflour until lightly coated. Heat oil in a large pan or wok over high heat. Add beef and stir-fry for 1-2 minutes. Remove from pan and set aside.

2 Add vegetables to pan and cook for 1-2 minutes. Add sauce ingredients and stir to coat well. Add back the beef to the pan, cook for a further minute.

3 Serve on brown rice with sesame seeds and spring onion.

HIGH
FIBRE

3
VEGIE
SERVES

PER SERVE

2148kJ/514cal
Protein 31.2g
Total fat 18.3g
Sat fat 3.1g
Carbs 49.5g

Sugars 16.3g
Fibre 9.1g
Sodium 717mg
Calcium 66mg
Iron 4.1mg



Chipotle bean chilli with baked eggs \$SAVER

Serves 4 Time to make 25 mins

✓vegetarian

- 4 flour tortillas
- 1 tablespoon canola oil
- 1 onion, peeled & chopped
- 3 cloves garlic, peeled & crushed
- 1 tablespoon chipotle paste
- 1 x 400g can no-added-salt black beans
- 1 x 400g can no-added-salt red kidney beans
- 2 x 400g cans chopped tomatoes
- 1 tablespoon dried oregano
- 1 cup baby spinach leaves
- 1 cup shredded cabbage
- 4 eggs
- ½ cup grated reduced-fat cheddar
- ¼ cup plain low-fat yoghurt
- ¼ cup coriander leaves
- 2 spring onions

- 1 Preheat oven to 190°C.
- 2 Cut the tortillas into triangles and place on an oven tray.
- 3 Heat oil in a large oven-proof skillet on a stovetop over medium heat. Add onion and garlic and fry until translucent. Add chipotle paste, beans, tomatoes, oregano, spinach and cabbage. Season with black pepper and stir until spinach is wilted and tomatoes are starting to reduce. About 5-7 minutes.
- 4 Make 4 wells in the bean mix and crack 1 egg into each. Sprinkle grated cheese over the top and place pan in oven, along with the tray of tortillas. Bake for 3-4 minutes.
- 5 Remove from oven and serve with yoghurt, coriander and spring onions, with tortillas on the side. [hfg](#)



PER SERVE

2286kJ/544cal
Protein 31.4g
Total fat 17.6g
Sat fat 5.4g
Carbs 51.3g

Sugars 16.8g
Fibre 20.2g
Sodium 706mg
Calcium 352mg
Iron 7.4mg



HOT 'N'
SPICY!

EASY DOLLAR SAVERS

Healthy eating doesn't have to break the budget. **Cooking with seasonal veg, taking advantage of cheaper canned and frozen products, planning ahead and keeping ingredients simple** are all ways to save money at the supermarket checkout.

COOK'S TIP

Season chicken breast to your liking with coarsely ground salt & pepper and microwave on high for 8 minutes. Cool before shredding.

4 SERVES
OF VEG!



Meal-Plan Your Way to Weight Loss by Rebecca Burnicle and Wendy Van Staden, published by Macmillan Australia, RRP \$39.99, photography by Jeremy Simons.

Pasta perfect

A delicious creamy avo sauce is the ideal condiment for this fibre-filled summer salad.

◀ Chicken & avo pasta salad

Serves 4 Prep 10 mins

✓diabetes friendly

2 cups (310g) cooked **farfalle pasta**
 250g shredded cooked **skinless chicken breast** (see tip)
 1 **green capsicum**, finely chopped
 ½ **red onion**, finely chopped
 1 large **Lebanese cucumber**, chopped
 1 serve (70g) **Creamy avo sauce** (see opposite)
 1 teaspoon finely grated **lemon zest**
 Fresh **basil leaves**, to serve
 1 **grainy roll**, to serve

1 Place pasta, chicken, capsicum, onion and cucumber in a large bowl. Add Creamy avo sauce and stir to combine.

2 Divide among 4 reusable containers or jars. Sprinkle with lemon zest and basil leaves. Serve with a grainy roll straight away, or drizzle a layer of lemon or lime juice over the surface, cover with plastic wrap, then lid and refrigerate. Drain off the juice before serving.

To refrigerate: As per instructions above, for up to one day.



PER CUP

1106kJ/265cal	Sugars 4.5g
Protein 24.9g	Fibre 6.2g
Total fat 6.4g	Sodium 51mg
Sat fat 1.4g	Calcium 80mg
Carbs 23.0g	Iron 1.6mg

CREAMY AVO SAUCE

Serve 2 Prep 5 mins

1 large **avocado**, chopped
 ⅓ cup (80g) **99% fat-free plain yoghurt**
 2 **cloves garlic**
 ½ cup fresh **basil leaves**
 1 teaspoon finely grated **lemon zest**

1 Process all ingredients in a food processor or blender until well combined and smooth. Season with salt and pepper.

To refrigerate: Transfer the sauce to a reusable container. Drizzle a layer of lemon or lime juice over the surface, cover with plastic wrap, then lid and store for up to 5 days. Drain off the juice before serving. If sauce has thickened, stir through a little warm water for desired consistency. **hfg**

COOK'S TIP

Soaking wooden skewers in cold water for 5 minutes will help prevent them from burning on the barbecue hotplate or grill pan.

5 SERVES
OF VEG!



PER SERVE

2000kJ/477cal
Protein 48g
Total fat 12g
Sat fat 3g
Carbs 40g

Sugars 8g
Fibre 9g
Sodium 370mg
Calcium 200mg
Iron 3.5mg

5pm panic!

Best ever
GLUTEN-FREE
RECIPES

30
mins

MONDAY

Grilled chicken skewers with hummus yoghurt

Serves 4

✓diabetes friendly ✓gluten free

- 8 wooden skewers
- 1 tablespoon olive oil
- 2 teaspoons dried oregano
- 1 lemon, grated zest and juice
- 600g chicken breast fillets,
cut in 2cm chunks
- 1 medium-sized red capsicum,
cut in 2cm chunks
- 4 corn cobs
- 400g can chickpeas in
spring water, drained, rinsed
- ½ cup low-fat plain yoghurt
- 2 large bunches spinach,
trimmed, roughly chopped

1 Soak wooden skewers in cold water for 5 minutes. Mix the oil, oregano and the lemon zest in a large shallow dish. Add chicken to dish and toss to coat. Thread chicken chunks and capsicum alternately onto soaked skewers.

2 Heat a barbecue hotplate to high or spray a large grill pan with oil and set over a high heat. Cook chicken skewers and corn cobs, turning, for 5–6 minutes, or until chicken is golden and just cooked through and corn cobs are cooked and slightly charred. Cut each corn cob into 4 pieces. Cover the chicken skewers and corn to keep warm and set aside.

3 Meanwhile, blend chickpeas, yoghurt and lemon juice in a food processor until mixture forms a smooth hummus yoghurt.

4 Steam chopped spinach for 1–2 minutes, or until just wilted.

5 Serve the reserved grilled chicken skewers and charred corn with hummus yoghurt and steamed spinach.

you'll need...



CHICKEN BREAST FILLETS



RED CAPSICUM



CORN COBS



LOW-FAT PLAIN YOGHURT



SPINACH

plus

- + wooden skewers
- + olive oil
- + dried oregano
- + lemon
- + chickpeas in spring water

you'll need ...



WHITE FISH FILLETS



POTATOES



FENNEL



ROCKET



ALMONDS

plus

- + garlic & butter
- + lemon
- + dill
- + honey

35
mins

TUESDAY

Crunchy smashed potatoes with fish & fennel

Serves 4

✓diabetes friendly ✓gluten free ✓dairy free

- 400g low-carb potatoes
- 2 teaspoons butter
- 4 teaspoons olive oil
- 2 cloves garlic, crushed
- 2 baby fennel bulbs, trimmed, shaved
- 1 lemon, zest & juice
- 1 tablespoon chopped fresh dill
- 1 teaspoon honey
- 600g white fish fillets
- 50g baby rocket
- 2 tablespoons flaked natural almonds, toasted

1 Preheat oven to 220°C. Line two baking trays with non-stick baking paper. Cook potatoes in the microwave with the butter on high for 8 minutes. Transfer the potatoes to prepared tray, then slightly squash potatoes with a masher. Combine 2 teaspoons oil and garlic, and drizzle over potatoes. Bake for 20 minutes,

or until golden and crisp.

2 Meanwhile, combine fennel, the lemon zest and juice, dill, 2 teaspoons olive oil and honey in a bowl. Mix well and season with salt and pepper. Set aside.
3 Place the fish on remaining prepared tray. Spray the fish with oil and season. Bake for 7-10 minutes, or until golden and just cooked through.

4 Toss rocket through fennel salad; divide the salad among the serving plates. Serve with potatoes and fish, and scatter with almonds.



PER SERVE

1288kJ/307cal	Sugars 5.6g
Protein 32.9g	Fibre 4.1g
Total Fat 11.6g	Sodium 147mg
Sat Fat 2.7g	Calcium 108mg
Carbs 13.7g	Iron 2.5mg



Best ever
**GLUTEN-FREE
RECIPES**

**PROTEIN
BOOST!**



Best ever
**GLUTEN-FREE
RECIPES**



**FIBRE
PACKED!**

WEDNESDAY

25
mins

Chargrilled lamb with warm broad bean salad

Serves 4

✓gluten free ✓diabetes friendly ✓dairy free

400g lean lamb fillets
1 teaspoon dried or fresh rosemary leaves
Juice of 2 lemons
1 teaspoon crushed garlic
2 tablespoons olive oil
2 cups frozen broad beans, thawed and peeled
2 x 250g pouches microwavable brown rice and quinoa, heated
1 red onion, finely sliced
250g punnet cherry tomatoes, halved
4 cups baby rocket, to serve

COOK'S TIP

To avoid overcooking the lamb, let the meat sit covered at room temperature for 30 minutes before it goes on the grill.

1 Place the lamb fillets in a baking dish, sprinkle with rosemary and season with cracked black pepper. In a small bowl, combine lemon juice and garlic with olive oil. Pour 1 tablespoon of the dressing over the lamb. Set aside to marinate for 10 minutes. Reserve the remaining dressing for salad.

2 Cook the broad beans in a saucepan of boiling water, for 4-5 minutes. Drain well, return to pan. Add rice and quinoa, red onion and cherry tomatoes with the reserved dressing. Toss to combine. Cover to keep warm.

3 Spray a chargrill pan or large non-stick frying pan with oil and set over a medium heat. Add marinated lamb fillets. Cook for 4-5 minutes, turning often, until fillets lightly browned. Rest for 3 minutes, then slice thickly.

4 Divide warm broad bean salad among 4 plates. Arrange sliced lamb over the salad and top with baby rocket to serve.



PER SERVE

2080kJ/496cal	Sugars 9g
Protein 32g	Fibre 9g
Total fat 17g	Sodium 50mg
Sat fat 5g	Calcium 80mg
Carbs 50g	Iron 3.5mg

you'll need...



LEAN LAMB FILLETS



FROZEN BROAD BEANS



MICROWAVABLE BROWN RICE & QUINOA



RED ONION



CHERRY TOMATOES

plus

+ dried or fresh rosemary leaves
+ lemons
+ olive oil & garlic
+ baby rocket

you'll need...



EGGS



COTTAGE CHEESE



SUN-DRIED TOMATOES



NO-ADDED-SALT CHICKPEAS



BABY SPINACH

plus

- + reduced-fat milk
- + capsicums
- + walnuts & parmesan
- + fresh parsley
- + balsamic dressing

COOK'S TIP

To give your quiche that extra bit of flavour, you can add ½ teaspoon dried mixed herbs to the egg & milk mixture.

THURSDAY

40 mins

Sun-dried tomato & nut crustless quiche **SAVER**

Serves 4

✓gluten free ✓vegetarian ✓diabetes friendly

- 6 eggs
- ⅓ cup reduced-fat milk
- 1 cup cottage cheese
- ⅓ cup sun-dried tomatoes, chopped
- 2 capsicums (red and green), sliced
- 400g can no-added-salt chickpeas, drained and rinsed
- ½ cup chopped walnuts
- ⅔ cup grated parmesan
- ¼ cup chopped fresh parsley, to serve
- 4 cups baby spinach
- 4 tablespoons balsamic dressing (made with 2 parts balsamic vinegar to 1 part olive oil)

- 1** Preheat the oven to 190°C. Lightly grease a large ovenproof dish. Blitz eggs, milk and cottage cheese in a food processor until smooth. Season mixture with salt and pepper.
- 2** Arrange tomatoes, capsicum, chickpeas and walnuts in the ovenproof dish.
- 3** Pour over the egg mix and sprinkle with parmesan. Bake uncovered for 35 minutes, or until set and lightly golden. Sprinkle with parsley. If the top becomes too golden before it is set, cover with foil.
- 4** Serve with spinach tossed in balsamic dressing.

Best ever
**GLUTEN-FREE
RECIPES**



HIGH FIBRE **HIGH PROTEIN** **HIGH CALCIUM** **3 VEGIE SERVES**

PER SERVE

2030kJ/486cal
Protein 34g
Total fat 29g
Sat fat 7g
Carbs 20g

Sugars 11g
Fibre 9g
Sodium 600mg
Calcium 330mg
Iron 3.5mg

Best ever
**GLUTEN-FREE
RECIPES**

NUTRITION TIP

Each delicious calzone provides almost half your daily calcium needs to build strong bones

**HIGH
PROTEIN**

**LOW
FAT**

**HIGH
FIBRE**

**HIGH
CALCIUM**

**2
VEGIE
SERVES**

PER SERVE

1765kJ/422cal
Protein 20.1g
Total Fat 9.0g
Sat Fat 2.6g
Carbs 59.7g

Sugars 5.0g
Fibre 7.0g
Sodium 709mg
Calcium 478mg
Iron 2.4mg

FRIDAY

25
mins

Spinach & ricotta calzones **SAVER**

Serves 4

✓gluten free ✓vegetarian

2¼ cups gluten-free
self-raising flour
1 cup reduced-fat
plain yoghurt
100g reduced-fat **smooth
ricotta or cottage cheese**
1 x 250g packet **frozen
chopped spinach**, thawed,
excess liquid removed
40g shredded reduced-fat
mozzarella

To serve
Mixed garden salad
Lemon wedges

1 Preheat oven to 180°C. Line a baking tray with baking paper. Place the flour in a large bowl. Season with a pinch of salt. Add yoghurt and stir to make a soft dough. Turn dough out onto a lightly floured work surface. Knead briefly. Divide dough into four equal portions.

2 For each calzone, roll a portion of dough out between sheets of baking paper to a 15cm disc. Top half the disc with one-quarter of the ricotta and one-quarter of the spinach. Top with a little of the mozzarella, season with cracked black pepper. Fold the dough over to enclose filling and form a semi-circle. Press the edges to seal. Repeat with remaining dough portions, the ricotta, the spinach and mozzarella to make 4 calzones in total.

3 Heat a large non-stick frying pan over medium-high heat. Spray calzones with olive oil. Cook the calzones, in batches, for 1 minute each side, or until golden brown. Transfer them to prepared baking tray. Bake for 8-10 minutes, or until they are cooked through.

4 Serve calzones with salad and lemon wedges. **hfg**

you'll need...



SELF-RAISING FLOUR



PLAIN YOGHURT



SMOOTH RICOTTA



FROZEN CHOPPED SPINACH



REDUCED-FAT MOZZARELLA

plus

+ mixed garden salad
+ lemon wedges

3 SERVES
OF VEG!



PER SERVE (1 serve)

2370kJ/567cal	Sugars 5g
Protein 38g	Fibre 8g
Total fat 26g	Sodium 460mg
Sat fat 7g	Calcium 340mg
Carbs 40g	Iron 4.5mg



LOW-COST
special

COOK'S TIP

You will use only about half the flour, beaten egg and crumb mixture, but you need to start with enough to easily coat the veggies.

Meals for one & two

Treat yourself or a friend to these easy, healthy meals to tame the tummy rumbles.

Crispy parmesan-crumbed vegies with eggy dip

SAVER

Serves 1 Prep 10 mins Cook 20 mins

✓vegetarian ✓diabetes friendly

6 spears asparagus
1 zucchini/courgette,
cut into batons
3 stems broccolini (or 1 cup
small broccoli florets)
½ cup panko crumbs
⅓ cup grated parmesan
½ cup flour
3 eggs (1 beaten)
oil spray

- 1 Wash and dry vegetables. Line a baking dish with baking paper. Preheat oven to 200°C.
- 2 In a shallow bowl, combine panko crumbs and parmesan. In another bowl, place flour, and in another 1 beaten egg.
- 3 Dip vegetables in flour, then in beaten egg, then in the crumb mixture. Place on baking dish and spray with oil. Discard remaining crumb and egg.
- 4 Place the vegetables in the oven and bake for 15-20 minutes, or until tender and golden.
- 5 While vegetables are cooking, crack remaining eggs into individual ramekins. Place in the oven for 8-10 minutes, until white is set but yolk is still runny.
- 6 Season with black pepper. Serve the vegetables with egg, dipping into egg yolk to eat.



HIGH IN
CALCIUM

LOW-COST
special

COOK'S TIP

Thin-skinned, brightly coloured potatoes usually hold their shapes intact during the roasting process.

Baked potato topping **SAVER**

Serves 1 Prep 5 mins Cook 5 mins

✓diabetes friendly

- 1 large potato
- 2 teaspoons tomato sauce
- 1 slice ham
- ¼ cup low-fat cottage cheese
- ½ cup chopped mixed vegetables (choose 2 or more of the following: onions, capsicums, mushrooms, zucchini/courgettes, chives, defrosted peas, defrosted corn)
- ½ teaspoon dried oregano
- ¼ cup grated mozzarella

1 Wash potato and halve it lengthwise. Place in a microwave dish with a lid and microwave on high for 5 minutes, or until cooked. Wait until it's cool enough to handle.

2 Place each potato half flat-side up. Spread the tomato sauce on each half, then cover with ham. In a separate bowl combine the cottage cheese, vegetables and oregano, then spoon mixture onto each potato half.

3 Sprinkle with mozzarella and microwave on high for 45 seconds (the mozzarella will bubble). Serve.



PER SERVE (1 serve)

1300kJ/310cal	Sugars 8g
Protein 27g	Fibre 4g
Total fat 8g	Sodium 750mg
Sat fat 5g	Calcium 300mg
Carbs 35g	Iron 2mg

COOK'S TIP

Try tikka or Madras curry paste, or use harissa for a North African flavour.

Chicken & cauliflower curry **SAVER**

Serves 2 Prep 15 mins Cook 20 mins

✓dairy free

- 1 teaspoon **vegetable oil**
- 2 **boneless skinless chicken thighs**, sliced
- ½ **onion**, chopped
- 1 **red capsicum**, sliced
- ¼ **cauliflower**, cut into florets
- 2 tablespoons **Indian curry paste** (see tip)
- 1 cup **vegetable stock**, made with a salt-reduced stock cube
- 200g **canned chopped tomatoes**
- 1 **fresh bay leaf**
- Handful **fresh coriander**, finely chopped, to garnish
- ½ **lemon**, cut into wedges, to serve

1 Heat the oil in a non-stick pan over a medium heat, then fry the chicken and the onion for 5 minutes, or until the onion has softened a little and the chicken has browned. Add the capsicum and cauliflower and cook, stirring, for another 5 minutes.

2 Stir in the curry paste and cook for 1-2 minutes until fragrant, then add the stock, tomatoes and bay leaf. Simmer for 10 minutes, or until the sauce has thickened and the chicken is cooked through. Serve curry garnished with the coriander, plenty of black pepper and lemon wedges for squeezing over. **hfg**

HIGH
PROTEIN

LOW
kJ

2
VEGIE
SERVES

PER SERVE

1059kJ/253cal
Protein 25g
Total fat 8.6g
Sat fat 1.3g
Carbs 15.2g

Sugars 11.5g
Fibre 6.5g
Sodium 1024mg
Calcium 51mg
Iron 2mg

LOW-COST
special

**PROTEIN
BOOST!**



HFG
makeover

Dessert delights

These calcium-rich, creamy treats get the fruity touch with strawberries full of natural sweetness and beneficial antioxidants.

Yoghurt vanilla panna cotta with balsamic strawberries **SAVER**

Serves 4 Prep 10 mins (plus 4 hours chill time) Cook 10 mins

500g strawberries, quartered
1 cup skim milk, warmed
¼ cup maple syrup
2 teaspoons powdered gelatine
1 teaspoon vanilla bean paste
2½ cups low-fat vanilla yoghurt
2 teaspoons balsamic vinegar

1 To make the strawberry pulp, combine half of the strawberries (250g) with 1 tablespoon of water in a small saucepan over low heat for 10 minutes, or until beginning to break down. Cool slightly before transferring mixture to a blender and blitz until smooth. Strain the mixture through a fine sieve to ensure it is smooth.

2 Add milk and 3 tablespoons of syrup in a small jug. Sprinkle over the gelatine and whisk until dissolved. Place vanilla and 1½ cups yoghurt in a bowl. Pour gelatine mixture and ¼ cup of the strawberry mixture over yoghurt. Whisk to combine. Divide mixture among 4 x 1½ cup capacity glasses and chill for 4 hours until firm.

3 Meanwhile, place the remaining strawberries, balsamic vinegar and remaining 1 teaspoon of maple syrup in a bowl and toss to combine. Stand for 15 minutes at room temperature.

4 Serve panna cotta with balsamic strawberries and any extra syrup on top. [hfg](#)



GREAT FOR
SUMMER

HIGH
PROTEIN

PER SERVE

Our version	Regular version
975kJ/233cal	2305kJ/551cal
Protein 8.6g	Protein 11.9g
Total fat 8.1g	Total fat 34.8g
Sat fat 3.3g	Sat fat 21.2g
Carbs 30.9g	Carbs 48.6g
Sugars 24.4g	Sugars 31.3g
Fibre 2.2g	Fibre 2g
Sodium 146mg	Sodium 346mg
Calcium 127mg	Calcium 193mg
Iron 1.2mg	Iron 1.8mg

WHY IT'S BETTER

Our version has around
40 per cent the kilojoules,
15 per cent the sat fat &
60 per cent the carbs of a
regular panna cotta

Blender muffins

A low-cost, super-easy muffin recipe, this is a great treat for the kids' lunchboxes.

MAKE IT VEGAN

Use a vegan yoghurt; maple syrup instead of honey; and swap eggs for 2 tablespoons ground linseed mixed with 6 tablespoons water.

MAKE IT LOW FODMAP

Use lactose-free yoghurt and gluten-free self-raising flour, and maple syrup instead of honey

BASE RECIPE

Blender muffin

\$AVER

Serves **12** (makes 12 muffins)

Cook **25 mins**

Prep time **5 mins**

- 2 large ripe **bananas**
- 2 cups **rolled oats**
- 1 cup **reduced-fat Greek-style yoghurt**
- 2 **eggs**
- 4 **tablespoons honey**
- 1½ **tablespoons self-raising flour**
- 1 **teaspoon baking soda**
- 1 **teaspoon vanilla essence**

1 Preheat oven to 180°C. Spray a 12-hole (⅓-cup capacity) muffin tin with oil, or line with paper muffin cases greased with oil.

2 In a blender, place all ingredients in the above order. Process using the pulse action for 1–2 minutes, or until mixture is smooth and creamy. You may need to give the mixture a stir to move the ingredients around.

3 Pour mixture into prepared muffin tin. Lightly press toppings of your choice into each muffin (see topping ideas next page).

4 Bake for 20–25 minutes, or until muffins are golden brown and a skewer inserted in the centre comes out clean. Leave to cool for a few minutes, then remove from muffin tin and cool completely on a wire rack.

NATURALLY
SWEET!

PER SERVE

133kJ/550cal
Protein 6g
Total fat 3g
Sat fat 1g
Carbs 20g

Sugars 9g
Fibre 2g
Sodium 100mg
Calcium 60mg
Iron 1.5mg

Note: Nutrition information relates to basic muffins only (excluding topping).

PECAN & DATE

HFG TIP

As the kids head back to school or the family returns to work, pop one or two of these in their lunchboxes to help power them through the day.

Try these topping ideas

The sky – or the rainbow – is the limit when choosing a healthy (or even slightly decadent) topping for your muffin. But it's hard to go past tasty fruit, dark choc and nuts!

MIXED BERRY

MUFFIN MY DAY!



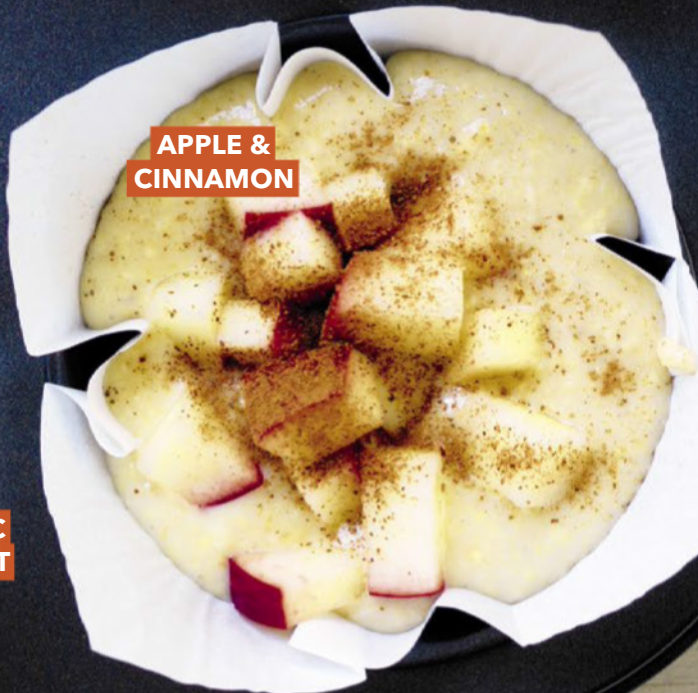
**COCONUT
& RASPBERRY**



**BANANA &
PEANUT BUTTER**



**DARK CHOC
& HAZELNUT**



**APPLE &
CINNAMON**

ARNOTT'S
VitaWeat
100% Natural

FOR DIGESTIVE WELL-BEING

Made with **100% WHOLEGRAINS**, Arnott's Vita-Weat are a delicious lunch alternative to bread. They are a natural **SOURCE OF FIBRE** to help support your **DIGESTIVE WELLBEING** and a source of **VITAMIN B3** to help unlock energy.



Hummus & cucumber

PREP TIME: 10MINS | COOK TIME: NIL | SERVES: 1

INGREDIENTS:

4 x Vita-Weat Soy & Linseed crispbreads
2 Tbsp hummus
1 small Lebanese cucumber, thinly sliced
Red onion, finely diced, to taste

✓ Fibre
✓ Plant-based

Tuna & smashed avocado

PREP TIME: 10MINS | COOK TIME: NIL | SERVES: 1

INGREDIENTS:

4 x Vita-Weat Soy & Linseed crispbreads
1 x Avocado
1 x Tin of Serena Tuna

✓ Healthy fats
✓ Protein



Roast pumpkin & avocado

PREP TIME: 10MINS | COOK TIME: NIL | SERVES: 1

INGREDIENTS:

4 x Vita-Weat Soy & Linseed crispbreads
1 x cup roasted pumpkin, roughly mashed
8 x slices avocado
Cracked black pepper, to taste

✓ Plant-based
✓ 1 serve veg
✓ Fibre
✓ Antioxidants

Scan for more
Vita-Weat
inspiration!



SOURCE OF
FIBRE



MADE FROM
100%
WHOLEGRAINS

shop EASY

incredible eggplant | lunchbox award winners | 10 best picnic foods



Fishy business

It's now o-fish-al, fish is incredibly good for you. It's packed with hunger-busting protein and plenty of essential vitamins and minerals, with the Heart Foundation recommending we eat two-to-three healthy servings each week. Oily fish, such as salmon and sardines, should form part of your fish rotation as it provides healthy omega-3 fats that help support a happy ticker.

CATCH OF THE DAY

Picking fresh fish can seem finicky, but it's not! Here's your fuss-free fresh fish formula:

- Shiny, clear eyes
- Bright skin and gills
- Taut scales
- Firm flesh
- Smells like ocean water
— not pungently fishy! [hfg](#)

shopping news

EAT
FRESH!

Our dietitian scours the shelves to find the tastiest, healthy foods in-store now.



EGGPLANT

A good eggplant

There are stacks of reasons to adore luscious, purple-skinned eggplant – a veg that adds a nutritious flavour twist to any meal from breakfast to dinner.

ANTIOXIDANT ACE

Eggplants get their glorious purple hue from compounds called anthocyanins, which have powerful antioxidant properties.

LIGHTER CHOICE

Like most vegetables, eggplant contains very few kilojoules. A whole small eggplant provides just 296kJ (71cal).

GOOD FOR YOUR GUT

A small eggplant boasts 7.6g of fibre. That's at least a quarter of your daily gut-loving fibre requirements.

VITAMIN BOOST

You'll get a small hit of vitamin C when you enjoy eggplant, with 20 per cent of your daily needs per small veg.

PURPLE POWER

Eggplants contain potassium, which is important for nerve and muscle function. A small eggplant offers up to 20 per cent of daily potassium needs.



3 excellent WAYS WITH EGGPLANT...



**ROASTED EGGPLANT STACK
WITH LENTIL PASSATA
& TAHINI YOGHURT**



**WARM PORK,
EGGPLANT & ALMOND
LETTUCE CUPS**



**FARFALLE SALAD
WITH EGGPLANT &
SEMI-DRYED TOMATOES**

For these recipes, visit healthyfood.com

HFG DIETITIAN APPROVED

Shelfwatch

Liquid gold

Impressive culinary creations are at your fingertips with new **Cobram Estate Garlic & Chilli Infused Extra Virgin Olive Oil**.

Per 15ml: 517kJ (124cal), 0g protein, 13.7g fat, 2g sat fat, 0g carbs, 0g sugar, 0mg sodium



Pasta perfection

With the additions of spinach, chickpea flour and pea protein, **Woolworths Plantitude Spinach Fettuccini** is the perfect base for a wholesome plate of pasta.

Per 175g serve: 2180kJ (520cal), 20g protein, 3.3g fat, <1g sat fat, 98.9g carbs, 6.3g sugar, 4g fibre, 156mg sodium



Yoghurt plus

Combining prebiotics and probiotics, each tub of **Farmers Union PLUS Passionfruit** has around 30 per cent of your daily calcium needs.

Per 160g tub: 529kJ (128cal), 10.9g protein, 4.8g fat, 3g sat fat, 10.6g carbs, 10.1g sugar, 0.3g fibre, 126mg sodium, 382mg calcium



Wrap-tastic!

Sweet potato and paprika give **Helga's Sweet Potato Wraps** their delicious flavour for lunch on-the-go.

Per wrap: 820kJ (196cal), 5.7g protein, 5.2g fat, 2.6g sat fat, 29.8g carbs, 3.2g sugar, 2.8g fibre, 190mg sodium



Nutty delight

Carman's Almond & Hazelnut Protein Rich Granola has 10 per cent daily fibre needs per serve.

Per 45g serve: 797kJ (190cal), 7.7g protein, 6.9g fat, 0.9g sat fat, 22.6g carbs, 5.3g sugar, 3.2g fibre, 43mg sodium **hfg**





The inaugural *Healthy Food Guide* Lunchbox Awards showcase our pick of the healthiest lunchbox items available on supermarket shelves, taking the mystery out of what to pack for work or school.

With household bills rising, there's a growing shift to forego the food court or school canteen for healthy, homemade lunches. For parents, lunchboxes can be a battleground. Getting the balance between a nutritious lunch and foods that will be eaten can be difficult. And, for work lunches, it's a matter of not enough time or inspiration to think of what to make that'll hit the spot and be healthy.

In judging the annual Healthy Food Awards, we recognised many innovative and exciting products, ideal for lunchboxes, that deserve greater awareness. That's why we're proud to introduce the new *Healthy Food Guide* Lunchbox Awards.

Our dietitian did the hard work for you, analysing hundreds of supermarket brands to find healthy and tasty products that deserve a place in your shopping trolley.

SPOT THE LOGO



This symbol is available to products that meet our nutrition guidelines. New in 2023, this

symbol offers credible nutrition guidance on what to pack to boost the health of you and your family.

ALLERGY FRIENDLY/FREE FROM

- GF** Gluten free: contains no wheat, rye, barley or oats, or foods derived from these.
- DF** Dairy free: contains no dairy products.
- NF** Nut free: contains no nuts.
- LF** Low FODMAP: contains only ingredients suitable for a low-FODMAP diet.

Always check the labels & allergen claims to verify ingredients.

Bread & alternatives

Bread often cops a bad rap. But there's no need to completely ditch carbs at lunchtime. In fact, high-fibre, low-GI carbs provide long-lasting energy to keep hunger pangs at bay. From sliced bread, wraps and rolls to gluten-free and lower-carb varieties, there's something for everyone!

SHOP LIKE A DIETITIAN

- ✓ Made with whole grains
- ✓ More than 5g fibre per 100g
- ✓ Less than 400mg sodium per 100g



Baker's Delight Prebiotic Cape Seed Roll with BARLEYmax®
(\$1.60 per roll on official website)
DF NF

Herman Brot Lower Carb Bread
(\$5.00 on official website)
DF NF



Mission Low Gi + Protein Wraps
(\$5.50 Coles) **DF NF**



Olina's Bakehouse Artisan Crispbread Whole Seed
(\$5.00 Woolworths) **DF NF**



MEB Foods Fresh Pockets Wholemeal Pita
(\$2.40 Woolworths) **DF NF**



Bürger 85% Lower Carb High Protein Sunflower & Linseed bread
(\$6.70 Woolworths)
DF NF

ALLERGY FRIENDLY



BFree Quinoa & Chia Seed Wraps
(\$8.00 5 wraps Woolworths)
GF DF NF



Real Foods Corn Thins Multigrain
(\$2.00 Woolworths)
GF DF NF



Arnett's Vita Weat Crispbread Soy & Linseed
(\$3.00 Woolworths) **DF NF**



Tip Top 9 Grain Wholemeal bread
(\$3.90 Woolworths)
DF NF

Dairy & alternatives

Yoghurt, milk and cheese are high in calcium for healthy bones. But eight in 10 Aussie adults don't eat the recommended three dairy serves a day. Add one of these protein-packed snacks to your lunch to keep hunger at bay. There are some great dairy-free alternatives available, too.

SHOP LIKE A DIETITIAN

- ✓ More than 120mg calcium per 100g
- ✓ Less than 10g sugar per 100g (no added sugar, if possible)
- ✓ Added probiotics



Bega So Light 50% Less Fat Cheese Slices
(15-pack \$7.00 Woolworths) **NF GF**

Siggi's Icelandic Style Skyr High Protein Yoghurt Vanilla
(\$2.30 Woolworths) **NF GF**



Tamar Valley Dairy Kids Raspberry All Natural Greek Yoghurt
(\$1.40 per pouch Woolworths) **NF GF**



Yoplait Petit Miam No Added Sugar Strawberry & Banana
(\$1.00 per pouch Woolworths) **NF GF**



Brancourts Protein+ Cottage Cheese
(\$4.50 Coles) **NF GF**

Farmers Union Plus Multi-Benefit Yogurt Mango
(\$1.80 Coles) **NF GF**



Babybel Plus+ Probiotic cheese
(\$6.50 6-pack Woolworths) **NF GF**



The Norco Natural Cheese Co Elbo Style Cheese
(\$5.50 12 slices Coles) **NF GF**



ALLERGY FRIENDLY



Vitasoy Greek Style Soy Yoghurt Strawberry
(\$1.35 Woolworths) **GF DF NF**



Sanitarium Up & Go Dairy Free Vanilla Ice Dairy Free
(\$5.60 3-pack Coles) **DF GF NF**

Fridge & pantry shortcuts

A healthy lunch doesn't have to involve hours of prep. We love a shortcut to easy healthy eating. Think canned fish, legumes, microwave rice, ready-made salads, soups, spreads and dressings. Stash these in your fridge, pantry or desk drawer for nutritious meals made with minimal fuss.

PANTRY



Mayver's Super Original Spread (\$7.50 Coles) **NF GF DF**



Brunswick Brisling Sardines in Olive Oil (\$1.90 Coles) **GF DF NF**



Campbell's Real Soup Strength Green Pea with Spinach (\$3.50 Woolworths) **NF GF DF**



SunRice Quick Cups Microwave Brown Rice Wholegrain (\$3.00 Woolworths) **GF DF NF**



Salad Servers Lunch Rush Mini Chicken, Spinach & Avocado Taco Salad (\$8.00 on official website) **NF GF**



SSS Foods Hommus (\$3.80 Woolworths) **GF DF NF**

SPREADS



Buddee Smooth Spread (\$6.50 Coles) **NF GF DF**

CHILLED/FRESH

Obela Hommus To Go Sweet Beetroot (\$4.00 3-pack Woolworths) **GF DF NF**



CHILLED/FRESH



Perfection Quikes baby cucumbers (\$4.50 Woolworths) **DF NF GF**

GREAT FOR KIDS

Snacks

The ideal snack for both kids and adults is low in added sugars, high in hunger-busting fibre and made with wholefood ingredients like nuts, fruit and grains. These perfectly portioned sweet and savoury snacks get the tick of approval from our dietitian for both nutrition and taste!

SHOP LIKE A DIETITIAN

- ✓ Around 600-800kJ per serve for adults and 400-600kJ for kids
- ✓ Less than 10g sugar per serve
- ✓ More than 3g fibre per serve



Carman's Roasted Nut Bar
Almond, Hazelnut & Vanilla
(\$3.00 Woolworths) **GF DF**



Munch Me Almond Blueberry
(\$6.00 Coles) **GF**



Carman's Original Fruit Free
Muesli Bars
(\$10.00 12-bar value pack, \$4.80
6-pack Woolworths) **DF**



Mayver's Peanut
Butter & Berry
Wholefood Bars
(\$7.00 5-pack
Woolworths)
DF

Tasti
Smoothed
Wholefood
Balls Peanut
Butter &
Caramel
(\$6.75
Woolworths)
GF DF



Goulburn Valley Orchard
Splash Peaches & Pineapple in
Pineapple Infused Water
(\$4.50 2-pack Woolworths)
GF DF NF

GREAT FOR KIDS



The Happy Snack Company Kids
Roasted Fava Beans Pizza
(\$5.70 Woolworths) **GF DF NF**



Edgell Snack Time Black Beans,
Capsicum & Charred Corn with
Zesty Salsa (\$1.30 Woolworths)
GF DF NF



Table of Plenty Air Popped
Mini Rice Cakes Pizza
(\$5.50 6-pack Coles) **GF DF NF**



Freedom
Foods Messy
Monkeys
Burger Flavour
(\$6.00 6-pack
Woolworths)
GF NF



The Happy Snack Company
Roasted Chickpeas Lightly Salted
(\$5.70 Woolworths) **GF DF NF**



Olin's Seeded Snackers Sour Cream & Chives
(\$5.00 Woolworths) **GF DF**



Carman's Super Seed & Grain
Pepita & Poppy Seed Crackers
(\$3.50 Woolworths) **GF DF NF LF**



John West Protein+ Calcium
Tuna, Sea Salt, Lemon & Parsley
Rice Crackers & Dip
(\$3.50 Woolworths) **GF DF**



Woolworths Original Popcorn
10 Pack
(\$2.75) **GF DF NF**

Find out more

Scan the QR
code for the full
winner's list



All prices were correct at the time of publication but are subject to change. Many products are also available at stockists additional to those specified.



Uncle Tobys MILO Chewy
Choc Chip Muesli Bars
(\$2.50 6 pack Woolworths) **NF**



Nibblish Gently Baked Mango
(\$4.90 Woolworths) **GF DF NF**



Macro Lentil Bites Buzzin
Beetroot
(\$5.00 Woolworths) **GF**



Macro Mighty Bites Amaze
Apple & Strawberry Flavoured
Balls (\$4.50 -Woolworths) **GF DF NF**



Kez's Kitchen Choc Mud
Fruit Bars
(\$5.20 5-pack, Coles) **GF**

HFG TIP

Pack a small cutting board and serrated knife for slicing meat, cheese or bread.

— 10 OF THE BEST —

PICNIC FOODS

Summer is prime picnic season – so dust off your rug and pack these better-for-you bites in your basket.

Summer food safety

Don't let your picnic creations spoil in the sun – follow these savvy steps to summertime food safety.

→ EYES ON THE CLOCK

Consume food within four hours of taking it out of the fridge. If you plan to take leftovers home to finish after your picnic, don't keep them out of the fridge for more than two hours.

→ KEEP IT COOL

Transport cold food items in an esky with ice and ice bricks. Avoid packing warm food in the esky – if you're planning on taking cooked food, cook it the day before and chill it in the fridge overnight.

→ SEPARATE RAW & READY-TO-EAT

If you're barbecuing, keep raw foods like steak and sausages separate from ready-to-eat foods like salads and desserts. Use dedicated serving utensils, knives and chopping boards for raw and ready-to-eat foods, too.

Plan your picnic menu so that healthy outdoor eating is easy for everyone



1 Chris' Hommus
Per 100g: 1160kJ (278cal), 7.4g protein, 23.4g fat, 2.5g sat fat, 6.6g carbs, 0.3g sugar, 6.5g fibre, 385mg sodium

2 Homemade egg salad
Per 2 hard-boiled eggs, 1 teaspoon mayo and pinch of paprika: 619kJ (148cal), 10.3g protein, 11.6g fat, 2.6g sat fat, 0.8g carbs, 0.4g sugar, 0.1g fibre, 128mg sodium

3 San Pellegrino Essenza Blood Orange & Black Raspberry
Per 330ml can: 0kJ (0cal), 0g protein, 0g fat, 0g sat fat, 0g carbs, 0g sugar, 0g fibre, 10mg sodium

4 Carman's Low Sugar & Low Carb Honeycomb Whip
Per 40g serve: 560kJ (134cal), 7.8g protein, 4.7g fat, 2.2g sat fat, 2.2g carbs, 1.8g sugar, 6.2g fibre, 60mg sodium

5 Fresh prawns
Per 10 king prawns: 705kJ (169cal), 39g protein, 1.1g fat, 0.2g sat fat, 0g carbs, 0g sugar, 0g fibre, 663mg sodium



6 Bakers Delight Prebiotic Cape Seed Roll with BARLEYmax®
Per roll: 1140kJ (271cal), 12.9g protein, 10.1g fat, 1.4g sat fat, 26.8g carbs, 2.2g sugar, 10.7g fibre, 235mg sodium

7 Cobs Lightly Salted & Slightly Sweet Popcorn
Per 20g serve: 406kJ (97cal), 1g protein, 4.5g fat, <1g sat fat, 12.3g carbs, 3.2g sugar, 1.6g fibre, 54mg sodium

8 Strawberries
Per 10 berries: 131kJ (31cal), 0.8g protein, 0.2g fat, 0g sat fat, 4.7g carbs, 4.6g sugar, 3g fibre, 0mg sodium

9 Crudites
Per cup: 76kJ (18cal), 0.9g protein, 0.1g fat, 0g sat fat, 2.3g carbs, 2.3g sugar, 1.4g fibre, 46mg sodium

10 Macro Organic Original Corn Chips
Per 25g serve: 539kJ (129cal), 1.8g protein, 5.8g fat, <1g sat fat, 16.4g carbs, <1g sugar, 1.6g fibre, 49mg sodium **hfg**

family friendly Your SUMMER

Each day's meal plan gives you...

- **8700kJ** (about 2080cal) for weight maintenance
- **Over 40g fibre** for a happy digestive system
- **Over 100% of your daily vitamin C** needs to support your immune system
- **Less than 2000mg sodium** to keep your ticker healthy
- **2-3 dietitian-approved snacks** for at home or on-the-go

For more about your individual nutrition needs, turn to p95.

For kids, swap the daily latte for a cup of milk.



MONDAY

Breakfast

• Avocado & eggs on toast

2 slices wholegrain toasted topped with ¼ avo, 1 tomato & 20g goats cheese, served with 2 hard-boiled eggs

- Regular latte (2600kJ/620cal)

Lunch

• **Hummus & tuna crackers** made of 8 wholegrain crispbreads topped with 2 tbs hummus and 1 x 95g can tuna in oil (drained), served with 1 cup crudité

- 1 banana (2300kJ/550cal)

Dinner

• **Chipotle bean chili with baked eggs (p52)** (2000kJ/480cal)

Snacks

- Orange
- 1 x 170g tub plain yoghurt & 10 walnuts (1700kJ/410cal)

Daily total
8600kJ/2060cal



TUESDAY

Breakfast

• Muesli & fruit

1 x 170g tub plain yoghurt, ½ cup natural muesli, 1 tbs pumpkin seeds & 2 gold kiwifruit

- Regular latte (3000kJ/720cal)

Lunch

• **Egg & lettuce wrap** made of 1 wholemeal wrap, 2 hard-boiled eggs, 1 cup lettuce & 1 tsp mayo (1500kJ/360cal)

Dinner

• **Sweet potato & beetroot rosti with jalapeno dressing (p42)** (2500kJ/600cal)

- Wholemeal dinner roll

Snacks

- 1 cup crudité & 2 tbs baba ganoush
- 1 cup grapes & 30g almonds (1700kJ/410cal)

Daily total
8700kJ/2080cal



WEDNESDAY

Breakfast

• Peanut butter & banana cereal

3 Weet-Bix, 1 cup milk, 1 banana & 1 tbs peanut butter

- Regular latte (3100kJ/740cal)

Lunch

• **Hummus & tuna crackers** (see Monday) (2000kJ/480cal)

Dinner

• **Pasta with meatballs & broccoli (p47)** (2600kJ/620cal)

Snacks

- Orange
- 1 x 170g tub plain yoghurt, ¼ cup frozen mixed berries & 1 tbs chia seeds (1100kJ/260cal)

Daily total
8700kJ/2080cal

meal plan

Enjoy summer produce with these nutritious meals!



THURSDAY

Breakfast

- **Avocado & eggs on toast**
(see Monday)
• Regular latte
(2600kJ/620cal)

Lunch

- Leftover **Pasta with meatballs & broccoli (p47)**
• 2 gold kiwifruit
(3000kJ/720cal)

Dinner

- **Chargrilled lamb with warm broad bean salad (p61)**
healthyfood.com
(2000kJ/480cal)

Snacks

- 1 x 170g tub plain natural yoghurt & ¼ cup frozen mixed berries
• Orange & 1 cup crudités
(1200kJ/290cal)

Daily total
8800kJ/2110cal

FRIDAY

Breakfast

- **Muesli & fruit**
(see Tuesday)
• Regular latte
(3000kJ/720cal)

Lunch

- **Hummus & tuna crackers** (see Monday)
(2000kJ/480cal)

Dinner

- **Corn & zucchini fritters with salsa & lime mayo (p38)**
• Wholemeal dinner roll
(2200kJ/530cal)

Snacks

- 1 banana & 10 walnuts
• 2 squares 70% dark chocolate
(1400kJ/330cal)

Daily total
8600kJ/2060cal

SATURDAY

Breakfast

- **Peanut butter & banana cereal**
(see Wednesday)
• Regular latte
(3100kJ/740cal)

Lunch

- **Egg & lettuce wrap**
(see Tuesday)
• 2 gold kiwifruit
(1900kJ/450cal)

Dinner

- **Chicken & avo pasta salad (p55)**
• Wholemeal dinner roll
(1500kJ/360cal)

Snacks

- 1 x 170g tub plain natural yoghurt, ¼ cup frozen mixed berries & 1 tbs chia seeds
• 1 cup crudités & 2 tbs baba ganoush
• 30g almonds
(2200kJ/530cal)

Daily total
8700kJ/2080cal

SUNDAY

Breakfast

- **Café-style breakfast**
made of 2 slices wholemeal sourdough toast topped with 10 mushrooms cooked in 1 tbs olive oil & a pinch of dried oregano, served with 2 oven-baked hash browns
(3000kJ/720cal)

Lunch

- Leftover **Chicken & avo pasta salad (p55)**
• Orange
(1400kJ/330cal)

Dinner

- **Korean beef stir-fry (p51)**
(2100kJ/500cal)

Snacks

- Regular latte
• 1 cup crudités & 2 tbs baba ganoush
• 1 cup grapes & 10 walnuts
(2300kJ/550cal)

Daily total
8800kJ/2110cal

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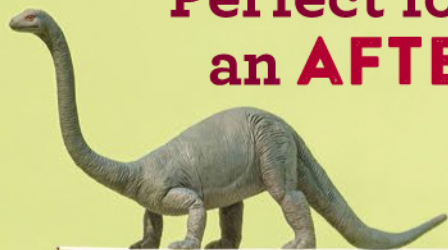
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- **AVAILABLE AT COLES** -
Biscuit aisle

How much do I need to eat?

Every recipe in *HFG* is nutritionally analysed so you can devise a daily meal plan that falls within the recommended nutrition intake guidelines (see table below).



PER SERVE	
1826kJ/437cal	Sugars 17.2g
Protein 13.5g	Fibre 11.3g
Total fat 13.3g	Sodium 378mg
Sat fat 2.3g	Calcium 64mg
Carbs 59.4g	Iron 2.7mg

Look for these nutrition panels that appear on all of our recipes!

RECOMMENDED DAILY INTAKE	
Kilojoules	8700kJ
Calories	2100cal
Protein	78-130g
15-25% of energy	
Total fat	47-82g
20-35% of energy	
Saturated fat	<24g
Less than 10% of energy	
Carbohydrates	230-310g
45-65% of energy	
Added sugars	50g
Less than 10% of energy	
Fibre	25-30g
Sodium	2000mg
Calcium	1000mg
Iron	8mg

Your individual daily nutrition intake will vary depending on age, gender, height, weight and level of physical activity.

We use 8700kJ (2100cal) as the recommended average daily energy intake because this is the figure prescribed by the Australia New Zealand Food Standards Code.

While tracking numbers is one way to healthy eating,

focus on the quality of the foods you eat, too. Enjoying a wide variety of whole foods will make it easier to meet your daily nutrition needs, as well as balance energy intake.

Use our recommended daily nutrition intake as a guide only. For personalised advice, visit dietitiansaustralia.org.au to locate an accredited practising dietitian near you.

SODIUM If you have heart disease or are at high risk of this condition, aim to consume less than 2000mg of sodium per day.

CALCIUM Women over 50 years, and men over 70 years, should increase their intake to 1300mg of calcium per day.

IRON Women under 50 years should aim for 18mg of iron each day. If pregnant, your iron intake should increase to 27mg each day.



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What's *hot*

Look for these top products on store shelves in February.



Protein powerhouse

Mission Low Gi + Protein Wraps are great for sustaining your energy throughout the day and a simple way to add protein to your diet. Fill them with lean meat and salad for any meal.



Go on now, avo go!

Grove Extra Virgin Avocado Oil is made completely from avocados. As well as its delicate flavour, this healthy oil has a high smoke point, so is good for searing and baking.



The fruits of nature

100% Aussie True Fruit Strips are simply fresh Aussie fruits that have been squished, dried, flattened and cut. With no additives and gluten free, they come in three great flavours.



Top this if you can

Corn Thins® are not rice cakes. They're made from corn and taste just like popcorn flattened into a healthy crispbread. Enjoy them on their own, or spread them with your favourite toppings.



Refreshing quencher

Made with no added sugars and 100 per cent natural ingredients, enjoy **Raw C Sparkling Coconut Water** instead of regular soft drinks. Available infused with lychee, ginger beer and kola.



Vegan friendly

Gluten free, allergen free and suitable for vegans, the range of **BFree breads and baked goods** contains fibre-rich ingredients such as quinoa and sweet potato, plus sourdough.

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THINGS WE learnt...

Even after 17 years of bringing you credible, science-backed health and nutrition advice, the team at *Healthy Food Guide* learns something new each issue.



1 A small eggplant boasts 7.6g of fibre. That's at least a quarter of your daily gut-loving fibre needs (p80).

2 Despite the rumours, a moderate intake of one or two serves of soy-based food is not associated with an increased risk of developing breast cancer (p21).

3 There are over 100 trillion micro-organisms living inside our body, with the vast majority residing inside our digestive tract (p31).



4 As you get older, eating protein at every meal is essential to keep your muscles strong and prevent falls (p29).

10 Eight in 10 adults don't eat the recommended three serves of dairy a day (p84).

5 A fibre-rich diet, including lots of vegies, fruit, whole grains, nuts and legumes will help support your gut health (p34).



9 The Heart Foundation recommends eating two-to-three serves of oily fish per week to support a healthy heart (p79).

7 Children spend an average of three hours per weekday and almost four hours per weekend day using screens (p22).

8 The menopausal stage of a women's life has been associated with systemic inflammation in the body (p20). [hfg](#)

6 Perimenopause or 'peri' refers to the years prior to menopause and can last anywhere between four and 10 years (p16).



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GF indicates that a recipe is gluten free

You can make many recipes gluten free if you replace bread, pastry and pasta with gluten-free varieties, or use gluten-free stocks and sauces.

WHAT OUR RECIPE BADGES MEAN



Recipes per serve contain no more than:
 • 1700kJ per main meal
 • 800kJ per dessert
 • 600kJ per side dish
 • 200kJ per 250ml fluid.



Recipes per serve have at least:
 • 20g protein per main meal
 • 5g protein per side dish or dessert.



Recipes per serve contain no more than:
 • 10g fat per main meal
 • 4.5g fat per dessert
 • 3g fat per side dish
 • 3.5g fat per 250ml fluid.



Recipes per serve have at least:
 • 6g fibre per main meal
 • 3g fibre per side dish or dessert.



Recipes per serve contain no more than:
 • 500mg sodium per main meal or dessert
 • 200mg sodium per side dish.



Recipes per serve have at least 250mg calcium.



Recipes per serve have 4.5mg (or more) iron.



Amount of vegetable serves per recipe serve.



Costs \$5 or less per serve

✓gluten free ✓dairy free

Contains no ingredients that usually contain gluten or dairy, but always check the ingredients you are using.

✓vegetarian

Suitable for lacto-ovo vegetarians. These recipes often include cheese, which may contain animal rennet. Check the label and use a vegetable substitute if you prefer.

✓diabetes friendly

Meals per serve contain 60g (or less) carbohydrates, 4g (or more) fibre, 7g (or less) saturated fat, 600mg (or less) sodium, at least 2 serves of vegies and are low-medium GI. Desserts are low in kilojoules, high in fibre and low in sodium; they usually contain fruit and are low-medium GI.

No-added-salt diet

Less than 2000mg sodium per day (as per Heart Foundation recommendation to reduce heart-disease risk).

Standard measurements

1 cup = 250ml • 1 tablespoon = 20ml
 1 teaspoon = 5ml • Eggs are 55g
 Temperatures are for fan-forced ovens.
 For baking recipes, use a table spread that's at least 60 per cent fat.



BETTER WITH
Brancourts
EST 1895



Give your lunch a protein boost!

Brancourts Protein+ Cottage Cheese* has won the Healthy Food Magazine Lunchbox Awards 2023! Low in fat and 13.7g of protein per serve; our small-batch Aussie-made cottage cheese is a delicious and easy way to boost the protein content (and food envy) of your next lunch, meal or snack.

Keep one handy in the fridge!

coles

*Available in Selected Stores